

# The Mother's Companion

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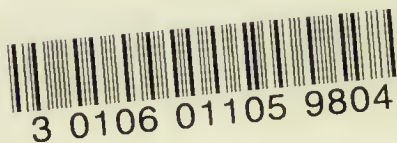
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THE MOTHER'S COMPANION



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# THE MOTHER'S COMPANION

7. 1912.

BY

MRS. M. A. CLOUDESLEY BRERETON

OFFICIER D'ACADÉMIE

WITH A PREFACE BY

SIR LAUDER BRUNTON

LL.D., M.D., F.R.C.P., D.S.C., F.R.S.

PRESIDENT OF THE SECOND INTERNATIONAL CONGRESS ON SCHOOL HYGIENE

“ . . . Could he find  
A woman in her womanhood as great  
As he was in his manhood, then, . . .  
The *twain together* well might change the world.”  
TENNYSON, *Guinevere*.

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## PREFACE

THE keynote of this volume is a plea for the training of woman. Numbers of women marry regardless of the fact that their training has been hopelessly inadequate to enable them to perform the high ideals of wifehood, and the sacred duties of motherhood. The head of a large business firm knows, not only how to direct those he employs, but he can, if called upon, discharge the duties he pays them to perform. Many women would fail lamentably if called upon to do the cook's work even for one day. Home is woman's fortress, but if she is to hold it her ammunition must be knowledge and training, and she must clamour until she gets that education which she so much desires, and which she still so badly needs. The happiness of the husband, the health of the children, and the comfort of the household lie in her hands: she can make or mar their lives. As soon as woman realizes what power and influence is hers, she will see that not only

can she preserve the health and the happiness of her own home, but by teaching others she can create national health and national happiness.

LAUDER BRUNTON.

## INTRODUCTION

THE Home is still too much an uncharted sea to the majority of those who embark upon the ocean of matrimony. Every girl, no doubt, picks up something from her own home life, but far too few are able to obtain beforehand a comprehensive survey of their future career. This little book attempts to give a bird's-eye view of the briar patch of problems that await the youthful housewife. It is also hoped that it will prove of considerable use to those who have been some time in the profession. Its main value, if it has any, lies in the fact that its data and conclusions are based throughout on experience derived from first-hand practice and observation.

The chief purpose of the book is, in short, to enable the average mother who reads it to look inward on her own home with its delicate network of duties, privileges, joys and sorrows, and to lighten and brighten to some degree the seemingly common round and trivial task.

But the author is ambitious enough to hope that the book may induce the more thoughtful mother to look outward beyond the home circle towards that vast multitude of imperfectly developed mothers, who are suffering under the handicap of extreme riches or extreme poverty, and enable her to realize that her own apparently modest successes and failures, precisely because they are the sweet or bitter fruit of her own experience, may give her just the necessary power to help by pen, by purse, or by practice those who, owing to the defects and imperfections of their bringing up, have come short of the full comprehension of the potentialities of motherhood. The probable result will be not only a quickening of her social and civic conscience, but an ever-deepening conviction that the right solution of these simple questions of everyday life and domestic routine is inextricably bound up with the successful working out of the problem of raising the status of woman inside and outside the Home.

M. A. C. B.



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# THE MOTHER'S COMPANION

## CHAPTER I

### MARRIAGE A PARTNERSHIP

MUCH has of late been written upon Marriage, from many points of view—social, economic, medical, sentimental. A great deal of the literature has come from the lookers-on who are popularly supposed to see most of the game, the virgin in judgment, the bachelor in pity, or from embittered wives who have failed at the business, such as the divorced woman or the deliberately childless wife in her years of regret.

The work of the present writer is rather of the nature of that of a stage carpenter or playwright's playwriter, in giving, as it does, a peep behind the scenes. She may possibly, therefore, be attacked in certain quarters. There are doubtless some who will call her retrograde, or unfair to her own sex, because she apparently concedes too much to men. Others, again, may

label her too advanced or unpractical, because they think that for the mother of a family to aspire to have any interests beyond cooking and serving a dinner is to do two things badly.

But marriage to-day involves in most cases, over and above the complicated cares of the household, intelligent knowledge of all that concerns her husband, a sympathetic understanding and reasonable share of public duties, and a necessity at times to assist the family exchequer.

Marriage is a partnership in every possible sense, and must be so regarded by both parties to the marriage contract.

Notwithstanding the many anomalies in the marriage laws, and in laws affecting woman generally (laws which will in time doubtless be modified), the large majority of cultured husbands, in spite of all that is noised to the contrary, more or less recognize the changed position of women, and act accordingly.

They realize that with higher education for women, men freely gave us all things. The rest is but a matter of time, and of wise and organized methods on the part of women themselves to prevent a blessing becoming, even temporarily, a curse.

It is for married women, especially happily married women, to add the moderating influence of their experience to the efforts which are being made to solve the so-called "Woman Question"—which is really the question of all society—in order that the champions of their sex may strive first for things which really matter, and not become blinded to fundamentals by non-essentials.

To go to the extreme of imagining that women will regenerate the world alone, any more than men alone, is to court certain failure.

All sensible men appreciate the fact that women can, given full facilities, equal or beat men as mathematicians, as classics, or even as steeplejacks, if need be. It is therefore of no use to labour that point. The question of vital importance is to prove that having won, as it were, her degree in law, woman is capable of practising, not merely in the law courts, but at that far more difficult bar—the bar of life.

It is for the modern mother, more than any other woman, to prove that modern education has not unsexed woman; but that, on the contrary, everything which can enlarge her mind or develop her body tends to make her, for the man she marries, a better wife, mother, home-

maker, business woman, and life partner. But both husband and wife must rise to the occasion and, from the first, trample underfoot certain old prejudices, instead of trying to preserve dead conventions alongside of the claims of the modern spirit.

There is, perhaps, a grave danger that an individual, even a married man or woman, may look at any particular question from a purely personal standpoint. It is possible for husband and wife alike to forget that marriage is a partnership, and a very complex one indeed. Neither the man nor the woman who enters into the partnership can expect the same freedom as if each had remained independent. Both parties must lose something, a point so often forgotten, and both should gain. The real question is this—on which side, debit or credit, of the balance-sheet of life will the surplus fall? Will the net result on the transaction be loss or gain?

If when at times things seem to go wrong married people would seriously add up in pencil, as it were, both sides of their joint account, income and expenditure, and strike a rough balance, many a bad quarter of an hour would be prevented for both parties; perhaps in more serious cases such a private interim



audit would obviate the necessity for the officials of the divorce courts making for them a public and ruinous liquidation of what was, after all, with a little care and nursing, a thoroughly sound concern.

It will be well to remember, too, that the largest total does not necessarily fall on the side which contains the most entries. A single entry on one side may outweigh a hundred on the opposite. It may, for instance, be well worth: *item*, considerable self-denial in the matter of dancing; *item*, much physical pain; *item*, temporary loss of figure and personal attraction to outsiders; *item*, permanent sacrifice of some luxury once considered a necessity, and so on for pages; if on the other side there appears but the single entry: joy in being the mother of healthy, happy, distinguished sons and daughters.

The great thing is to think out pros and cons, to make a balance-sheet and strike a balance. How many a woman would take a happier view of life if she realized that her husband was a real asset and her children a most precious investment!

If there were not something to be gained by business partnerships, it stands to reason that all

firms would be one-man managed; whereas, on the contrary, everything in modern life tends towards more co-operation instead of less. In the end the firm of two ought to make more profit on life's transaction than singly and apart, and, of course, ought to share in profits in proportion as each has contributed to its success. This in a large measure depends on the individual, and what he or she really set forward as the greatest consideration in marriage. If either goes into the partnership blindly or with one ulterior motive (such as getting a good home, or ceasing to work for a living, in the one case; or getting a mistress and unpaid housekeeper, with, perhaps, a large fortune in the other) without considering the undertaking as a whole, and then too late begins to count the cost *after* signing the contract and commencing business, that man or woman must not expect the undertaking to prove a success.

No man of sense goes into a battle or a business without first counting the cost. Marriage is apt to prove a failure because of this neglect to face facts beforehand. Marriage is too often considered exclusively from the point of view of sentiment or expediency; and then it is upon some more potent factor, formerly utterly disre-

garded, that it breaks down or proves less happy than it might have been.

It is therefore essential for those already married to realize, if they have not done so hitherto, that marriage to-day is becoming more and more of the nature of a partnership. In dealing with all questions deeply affecting both, or the home as a whole, it is of no use for either feebly to consider what he or she would do if still an individual with no responsibility to the children or each other.

Moreover, everything connected with home and marriage is being influenced by the rush of modern movements, and it may well be that those thoughtful people who are not blinded by their own happy married life to the dangers threatening the English home, by what is called the "march of progress," may be just those who will help to raise the prestige of home life, instead of allowing home to degenerate into a place to sleep in and eat in, when it is inconvenient to be elsewhere. There are always enthusiasts who imagine that complete demolition must precede reconstruction; just as though because the pictures in a house hang crooked it should be thought necessary to raze the house to the ground and rebuild. Yet sane people are

well aware that no such drastic measures are needful with regard to modern marriage.

If marriage had no other compensation it could yet boast of this one : that it is a logical step towards understanding the responsibility of the individual to other individuals, which is the basis of community life. When you have entered into a partnership you cannot play for your own hand alone, just as a public person cannot act as a private individual in his public capacity. He represents not only himself, but the body of which he is the chosen trustee. He must consider what will suit that particular body, not what would suit his own personal comfort or advancement. He must be loyal to the corporate good, not expect to enjoy all the benefits that accrue from co-operation, and at the same time retain all the advantages of freedom which as an unfettered individual he formerly possessed.

A kingdom divided against itself can have but one end.

One point must not be overlooked. A woman is often heard to say, "Why should I sacrifice *my* personal principles or personal opinions just because I am married? Am I no longer a responsible human being?" The

answer is, that so far from not being a responsible creature, her responsibility is much greater than before.

The fact is that the men are very rare who really wish their own wives to be mere colourless reflections of themselves—a kind of clerk, to say “Amen,” to their marital reflections. Most sensible men would find such a woman very tiresome to live with. The wife who keeps her eyes open will find that the women who interest her husband most are not generally those who only listen and say “Ditto.” Neither do they belong to the other extreme—those who are equally cocksure they are quite right and every other person wrong. When it comes to a discussion on principles a man likes a woman who argues as coolly as if she were a fellow man, *with the addition* that she can see certain things which the man cannot, for the simple reason that he is not a woman. That woman can offer a second opinion worth hearing. Her ideas will probably need modification just as the man’s do. It will be the sifted result of the two points of view which will be of ultimate value. Really and truly the notion of losing dignity by sharing honours and responsibilities is a little childish. The man is good

enough for a life partner or he is not. How often in the business or professional world does one hear a man, perhaps a white-haired senior partner into the bargain, say, "This is a question which concerns the firm. I should like to discuss it with my partner before offering an opinion or giving a decision." He does not in the least feel he loses in power or dignity. He knows full well that his partner would do the same in matters which touched his interest or their joint interests.

Being a man of the world he knows that if he wishes to change his tailor it is no particular concern of his partner. If, on the other hand, he is persuaded that the time has come to change the firm's banker or broker, he would never dream of acting alone, even if he could.

It is this question of difference in kind, which a woman who has not had business or professional training is apt to ignore, or to treat with hysteria instead of business instinct.

Perhaps a husband says, "The Fitz-Smiths are moving to our neighbourhood. I thought I would mention it, as you are likely to come across them. They make a point of being much in evidence; and in your kindhearted way you might think well to call. I would prefer that



you should not go out of your way to cultivate their acquaintance, though I believe the wife is an exceedingly interesting woman. But he is being freely talked about in the clubs just now, as being mixed up with some rather shady business practices. It would be advisable for us, while I am making my way, not to be too intimately associated with him. Living so near, he might attempt to become very friendly, as we were at school together, so the best thing is not to make any advances. I have lost personal touch with him for years."

Now a sensible woman would, of course, understand. A silly vain woman would rank her independence of action in the matter on the same plane as if her husband had come home and announced, "The newest shape in hats is to my mind simply hideous and unbecoming. I forbid you to buy one."

. A little hard common sense and the practice of trying to see things in their true perspective, as the man of the world does, will often avert what can only end in disaster in any partnership, more especially in that one which is the most complex, and most far-reaching in its bearings on the future of the race, for the partnership in this case deals with the deepest issues of

life, it is as a rule only dissolved by death, and even if dissolved earlier it is the one partnership of which the past can never be put wholly behind; a new start can mean only a new future; the fortunes lost in the first venture cannot be retrieved, because life is given us to live once only.

Not the least important business which must necessarily be dealt with by all men and women living a life of true partnership is the solution of the many outstanding women's questions, the settlement of which cannot be left solely to those who boast that in celibacy is their strength, however invaluable, and, indeed, essential, their assistance is. It is the married alone who in the last instance will be able to mediate and arbitrate with sympathy and success between the two sexes, because they alone have a full and comprehensive view of the two-sided problem, and because, as the actual trustees for the children of the race, they must necessarily have a paramount voice in any decision which concerns, not merely present relations between men and women, but the prospects and interests of the future generation.

## CHAPTER II

### THE MOTHER

MOTHERHOOD has been said by many authorities, from the most practical of presidents to the most unpractical of poets, to mean more to nations than statesmanship.

Yet it is the one great profession for which in all our social and educational efforts we make little or no provision. The subject is unfortunately "tabu" between many mothers and daughters, and even when a girl is on the eve of marriage it is the one aspect of wifedom which is either not mentioned at all, or if mentioned, is spoken of as if it and all pertaining to it were a species of sin, a relic of savagery and mediæval duress which must be submitted to solely because man is vile; the disagreeable part of the contract which must be endured by a pure virgin as a form of purgatory in view of the heaven of home and income.

It is the home and income, the rights, privileges and position conferred upon the daughter

by marriage which are most often to the front in the hopes entertained by a mother when her girl marries.

It is even no uncommon thing to hear such remarks as, "How fortunate you are to have no family"; "How lucky you are not to be bothered with babies." And this often in cases where the marriage was supposed to be based on love and mutual suitability, and where economy is no great object.

These women would probably think the doctor horribly unchivalrous, if not appallingly rude, who has recently written that such women ought to be ashamed "to look any respectable tabby cat in the face."

Again, there are those who say in all seriousness, "We cannot afford to have a family. On £700 a year we cannot afford to have even *one* child." Why? Because an up-to-date woman must take a taxi instead of a tube, must wear a silk gown instead of a stuff one, and must, moreover, have a club and friends to dinner, and time for visiting and theatre-going. A family would mean milk for the children instead of *pâté de foie gras* for the guests; the spare room sacrificed—appropriate word—for a nursery; the club subscriptions swallowed up by a nurse's

wages; the taxi fares spent on a mailcart; and the precious leisure spent in making baby clothes. Horribly sordid all of it sounds to the woman who must be in the swim, and she turns away in disgust, leaving with a lofty scorn, to the more animal woman the duty of mere breeding. As she cannot afford children she keeps a pet dog on which to spend what affection she has not been able to exterminate in her own heart.

The ludicrous thing is that this type of woman is not infrequently a leading theorist on the population question. At one time you will find her as a prominent member of some Eugenic Society lecturing healthy mothers on the responsibility of bringing healthy children into the world. At another she throws herself wildly into some movement for providing crèches for the children of the unfit; poor, wretched little rickety morsels of humanity, physical degenerates which science endeavours to remake after they have been born to sickness, and over which the mothers of strong, robust children could break their hearts. For they recognize more than any one else that just the women who ought to be building up the next generation are playing at trifles, while the de-

formed, the insane, the criminals, the wastrels are not only encouraged to breed like rabbits, but, in case infant mortality should increase amongst them, a benevolent public takes their offspring in hand to wash, feed and educate in order that they may duly produce in their turn an abundant crop of degenerates.

If these counterfeit women could get over their false modesty, if they would have but one child, they would comprehend the profound truth of the Irishman's remarks, that you must begin to educate a child before it is born. These people who talk learnedly about Eugenics, because just now "children are the fashion," while they give not one drop of their own blood to the cause of the betterment of the race, might go even further than the Irishman if they spoke from experience instead of hearsay. One might in fact say that we must begin to educate the child not only before it is born, but before ever it is conceived; in fact, we must begin with the education of the future mother *and* the father.

It must, indeed, strike a thoughtful person as strange that while the first acts of creation are spoken of reverently as the efforts of a good God, from the time He rested from His per-



sonal labours, the process of increasing and multiplying seems attributed to "the devil and man working against Him." It would be little cause for wonder in such circumstances if the Divine purpose were "brought to nought."

One would think that whatever religious or moral outlook a person has, the work of creation and procreation must have in it an element of the divine. Therefore all mothers should be on the side of the gods.

There are, of course, women who long to do their duty, who have still some of the savage mother's maternal instinct left, yet are so fully persuaded that it is an evil desire, that they would be ashamed to ask even their medical adviser for help or guidance when trembling on the verge of motherhood. These women are too often responsible for a massacre of the first-born, and not infrequently end their days as interesting subjects for those doctors who make a fortune as women's specialists. The secrets stored up in some of those safe confessionals called consulting-rooms, would make the angels blush for the advancement of science which, with all its boasted progress, has failed to diffuse certain cardinal and fundamental facts about life, thereby leaving Nature to do, in

these highly artificial days, what she could only do satisfactorily when men and women lived natural lives.

But it is of no use to mourn over the past. Our hope lies in the future, and undoubtedly women themselves are rapidly awakening to their grave responsibilities. They see that in the struggle for civilized existence it is the quality of the units of a nation which counts, and not mere numbers. If only their plain duty is put before them they will, as the generations of women in the past have done, be not only ready, but eager to accomplish what is expected of them. The avenues of science and practical arts are gradually being thrown open to them, and books on every subject that has a bearing on home life are being brought out daily.

What is essential is that women should not look at wifedom and motherhood as the refuge of those who fail to succeed in professions or trades, but as the highest of all professions and the most complex of all businesses.

## CHAPTER III

### THE MOTHER AS WIFE

“HE that hath wife and children hath given hostages to fortune; for they are impediments to great enterprises, either of virtue or mischief,” so said Bacon; and again: “Wives are young men’s mistresses, companions for middle age, and old men’s nurses.”

The modern wife has a difficult *rôle*. It has been said she must be twenty women in one if she is to be a help instead of proving an impediment to all great enterprises. This is, of course, a counsel of perfection, but the fact remains that she must go into marriage fully equipped at all points, unless she is to suffer the fate of becoming successively mistress, companion and nurse. Her real function is to be all three at once. She must be a companion while she is still a mistress, and she must not cease to be a mistress when she is most fully a companion. Happily the average woman is exceedingly versatile.

We have each of us to some degree that infinite variety which Shakespeare attributed to Cleopatra.

A wife must face one cardinal fact, however : that while she has many and diverse powers, she has but one body, and that has limitations. The modern woman can and should enter into her husband's life in its fullest sense, and will, if she marries the right man, become increasingly an indispensable factor in his greatest undertakings. There are many ways of doing this ; almost as many ways as wives ; but there is this point to be borne in mind. And it is a rock upon which the past and present generations of mothers and mothers-in-law, are apt to founder, when, for instance, a pattern mother of the past says to her married daughter, " But I did this and this and this, whereas you import so much paid help." Putting out of court the women who fritter away their energies solely on self, and then blame modern conditions because they have no time to attend to home, there are wives who by their work and influence have taken no small part in making their husbands' success possible. Their chief occupation has been to understand their husbands' business,

whether it be politics, literature or science. Their share in his greatness is too generally hidden from the world, though many a public man has left on record his infinite debt to his helpmate as his chief inspiration and his truest critic.

As years go on, and more marriages are based upon a community of tastes and interests, so, perhaps, will the work of husband and wife grow more and more complementary. And while this presupposes a great deal of delegation of work to subordinates, it at the same time presupposes that the wife should be more than ever mistress of all the household sciences and arts. The principle is identical with that of the successful merchant who knows that every enlargement of, or addition to, his business implies increased delegation, coupled with a still firmer grip of his business as a whole. He must, in fact, possess the expert's knowledge of how to decide at a glance what is proper work for the office boy and what he himself must either do or supervise.

This complementary work of husband and wife will vary, as has been said, almost indefinitely; and husband and wife knowing all the

data of personal powers of health and wealth, must decide how each shall contribute to the common stock. For the wife, in some cases, her contribution will resolve itself into an intelligent interest in her husband's work during their joint hours of leisure, in cultivating the right type of friends, in keeping up with the ideas that interest both, and in making the home a place of peace and rest during the years when the children absorb most of a woman's time. She can, however, fulfil these latter duties in such a way that when the ten years or so of child-bearing leave her freer to join in her husband's leisured interests, she has not lost touch with him hopelessly in just those very things which were their first bond of union. There are, of course, sundry technical subjects in which men are engaged, from bacteriology to botanical research, into which the normal woman cannot fully enter. But every woman can, nevertheless, by taking a broad interest in the work, make herself more indispensable than her husband's typewriter or bottle-washer, just because she is his wife and his life is hers. The woman who is bored to death with her good man's "shop" is just as unreasonable as the husband who even when



serious questions arise, refuses to be worried by anything within the house, as if he could hand over a certain amount of cash for household expenses, and then wash his hands of all the worries. The wife should not fuss every time the housemaid breaks a teacup, any more than the man should relate how many smudges the typist made on the day's letters, but there are times and seasons when neither should stand alone. Help and adjustment are often necessary, besides which, to talk over a thing often shows a supposed mountain to be a molehill, or reveals a way out of a difficulty. Men would appreciate a well-ordered home much more if they understood even a little of the complexity of management; just as women would often be more forbearing with an overwrought man of business if they had been through some of the rough and tumble themselves. Because a husband returns occasionally from work weary and worn, and apparently blind to every effort to anticipate his comfort, a wife who has herself known some of the many petty vexations of public life, will not at once jump to the tragic conclusion that she or the home, or both, have lost their fascina-



tion for him for ever. The proper study of womankind is man, and of mankind woman. It is worth more than a knowledge of all the classics for a wife to know by intuition whether love should be expressed by the silvern speech or the golden silence.

## CHAPTER IV

### THE SCIENTIFIC ORDERING OF THE HOME

#### I. MAINLY PRINCIPLES

UP to now housekeeping has been mainly a subject for amateurs. Persons responsible for homes have cheerfully handed over their establishments to women, in the capacity of wife, companion, paid housekeeper or matron, just because they were women. Keeping the home has so long been the sole work or chief work of women that the public has apparently come to the erroneous conclusion that the requisite skill and knowledge develop naturally in the female human being.

The man who would certainly think twice, and perhaps inquire in twenty directions, as to the credentials of his lawyer or banker, says cheerfully, "With all my worldly goods I thee endow" (meaning, of course, that portion which will ensure him a comfortable home over his head), and then hands over what he considers a suitable housekeeping allowance to a woman

whom he has chosen to rule his home for any or every other reason than the particular one, that she knows anything about making or keeping a home. He would never dream of entrusting his business affairs to a would-be manager whose sole recommendations were that he was a very good-looking and well-set-up young fellow; nor of depositing his loose cash in a bank which had a particularly smart brass plate on the door.

All modern trades and professions have benefited by the march of modern science. A soap-maker, a dyer and cleaner, or a scent manufacturer pays a large salary to his head chemist, and the man of science is as important as the most costly machine in the establishment; without the one or the other the business goes to pieces. The rule of thumb of fifty years ago is dead, and the rule of science is born, as the Prince of Wales has recently said. The scientist of the home must largely be the mother; and it behoves her to see that if home has been the last place where science promises to make conditions better, brighter, easier, more effective and less expensive, then homekeeping in this generation shall make up for lost time. She cannot be born again nor go to school again,

but she can avail herself of the discoveries of others, and she can take an intelligent interest in everything that will make for the betterment of the household from whatever source it may come. She can give ear to the numerous educational and sociological organizations that are springing up in our midst. She can read the daily papers which now vie with one another in providing regular women's columns. She can create a demand for practical information on home management in these papers, and in the weekly and monthly magazines that treat of the household, by influencing those who cater for the reading public to supply her with something besides the latest menus in Mayfair, or the most recent craze for bangles in Belgravia. She can read the reviews and notices of books relating to hard facts about home-life, such as fundamental laws of health and sanitation, questions of trades for boys and girls, public charities, economic changes affecting wage-earning, and reports of congresses, even when she has not time, inclination or opportunity for taking an active part in the field of social movements.

A goodly number of women's papers exist with the avowed purpose of helping the woman

whose sphere of action is seemingly narrow and circumscribed, to see beyond the near horizon of home to the far horizon of the larger world of business and politics.

A well-known politician once said, after looking through some women's papers on a hotel table, "I wanted to see the woman's point of view of the world of affairs. I have looked through every woman's paper in the reading-room, and they all seem full of flippant fiction sandwiched in between pictures of ladies' pyjamas, so I give it up. I wonder you women don't insist upon getting a better return for your money."

Women are gradually doing this, without doubt. The woman journalist can do a great deal in this direction, and her women friends can support her by buying those magazines which do make the effort to deal with something besides dress and chit-chat, interesting as these are, of course, in their place.

In housekeeping, as is the case in any other art or science, the details and technique can, perhaps, be learned in a definite period of life set apart for it; either at certain intervals throughout school-life or, in a concentrated form, at its close. But the love for home-life

cannot be produced in the girl by mere courses in cookery and housekeeping, however ably conducted, unless there is a real connection with the actual home-life of the child; just as the town-bred lad cannot be planted in the country at eighteen and expected to appreciate all the subtle charm of the country-side.

It rests largely with the mother to emphasize for the girls of our generation the supreme value, not only private, but public, of well-ordered homes in a nation. It rests, perhaps most of all, with women of leisure, of education, of wealth, or of exceptional gifts, to show not so much by teaching as by practice, that all these wider interests have their bearing upon the home, and that the home in its turn reacts upon all wider interests. Their responsibility is the greater just because they themselves see all these things, and because they can, as it were, strain all theories upon the subject through the fine sieve of reality. It is their duty to make their own households examples and patterns for the rest. If some mother, just because she is doing some great public work of which a man might be proud, deliberately shows by her attitude that all questions of the house are a burden and a bore to her, she can hardly expect her



daughter, whose chief cleverness lies, perhaps, in chemistry, to realize that there is a chemistry of life and health, a chemistry of the kitchen and the washtub, all of which mean as much to the race as, say, the chemistry of colour-printing.

Really and truly this lofty attitude towards housekeeping often means, "These things are not beneath me, but *beyond* me." For her the rule of thumb is dead which might have been handed down from her mother and grandmother, and the rule of science has not taken its place. It is for that reason, and not through laziness or carelessness, that most women who detest housekeeping do so thoroughly detest it. It is because they have not that intimate power and knowledge which would make the work a joy. We all like to do the things we do well, and when once our girls fully grasp, as they are beginning to do, that modern housekeeping is work for experts, they will be just as enthusiastic over it as, say, over hospital nursing, and just as proud of their technical skill. They will be quick to see that a thorough knowledge of this, their main business in life, is not by any means to be swept back a century by a subtle retrograde movement which threatens to turn



them anew in *hausfrau*s, but that a scientific knowledge of home matters is no bar to the preparation for, and adoption of, a subsequent profession. The man who is a busy merchant or lawyer can also find time for much public and political work, and the woman who is really mistress of all household crafts should be able to make time to cultivate interest in some public work outside her home, if she has a true appreciation of the full duties of citizenship. So far from proving a loss of time she will find it will re-act profitably on her own home interests.

But the woman who is already married has publicly undertaken first and foremost to run the joint establishment to the best advantage, while the husband, broadly speaking, has for his part undertaken to supply the household with funds, by means of the transactions from which his source of income is derived. The wife cannot honourably shirk in the smallest degree anything which affects the successful organization of the home which is her realm of business, any more than the husband, for his part, can honourably neglect the conduct of his affairs, on which the bread and butter of the family mainly depend.

Both having accomplished that primary duty, each should be free to use leisure time or surplus income for public purposes if they so desire.

The leisure time and money available will, of course, vary with the factors of position, health, size of the family, and capacity of all sorts of both husband and wife in each individual case. Some, like the squire's wife, may have the time and means to be the fairy god-mother of a whole country-side; others, like the woman with a large family and small means, may only be able to help one solitary and sickly neighbour even less fortunate than herself. But broadly speaking, at the one end of the scale there is the woman who, while understanding every principle, and supervising even the details of housekeeping, is so well provided with this world's goods that she can delegate all the actual labour. At the other end is the woman who has actually the work of two people to do, to be joint bread-winner and sole housekeeper, whose leisure is generally nil, and whose hours of sleep, even, are insufficient. Here, as elsewhere, East is East and West is West. It must be the business of the skilled housekeeper with leisure, to see that the twain shall meet. It is

time that modern science applied itself to the question of the slave wife, for the poorest mothers who really try to do all that they are called upon to do are nothing else. The whole question is one for scientific research, not for sentiment.

Educational institutions, from schools to universities, are being brought face to face with this urgent need of showing men and women that higher education not only includes home, but in a large measure leads up to home as the goal; for not only is the home, in the limited sense, the basis of national life, but all great institutions, such as schools, hospitals, even the Admiralty and the War Office, are really and truly experiments in species of housekeeping on a huge scale. Home questions, whether they affect life, health, or business management, are national, social, Imperial, even humanitarian.

To take but one illustration: If we valued home as we profess to do, should we view with equanimity the spectacle of the Empire's flag flying to so large an extent in our colonies over a generation of bachelors? Should we, as mothers, look without sorrow at some of our healthiest sons setting forth alone to earn a fortune, to return when all the years of their

robust youth are spent to disburse that fortune, perhaps to marry a girl a quarter of a century their junior, with no other common interest than that of getting the best out of the money which has been so dearly won; or, what is sadder still to those who think in terms of Eugenics, returning to marry a woman of a "nice, suitable age," which means, of course, too old to hand on the traditions of herself or her husband to another generation?

Yet when that man started out it is more than likely that there was some woman who would gladly have shared the temporary absence of her lover or brother, and have transformed exile into something resembling home. But how was she to do it, when her knowledge of the difficulties of housekeeping were confined to manipulating the telephone between the store-room and the stores, or of selecting ribbons and chiffons to set off the clear blue of her eyes and the pink of her complexion.

Yet the girl was not to blame. When it came to seeing the man she loved set off for the unknown without her, she would have given all her knowledge of chiffons for the skill to make a simple loaf of bread, all her expertness at tennis or hockey for the power to make a plain

dress and plain shirt, and all her out-of-the-way knowledge of cosmetics for a working knowledge of what to do with a new-born babe if she had been blessed with one.

One broad fact which mothers have to face as housekeepers to-day is that to a large extent we have skipped a generation in this matter. The problem is not the same as if we had tackled the question of changing conditions thirty years ago. Moreover, our girls' schools, for perfectly comprehensible historical reasons, have, until recently, not only neglected household subjects, but have been conducted on a definitely non-homely bias. Our task to-day is to see that our girls are taught the actual craft, in its various degrees according to the type of home in which they are likely to have to practice it; while we ourselves, by personal example and actual delegation, must do all in our power to re-create the taste for home government and home organization.

Japan was wiser, though it may, of course, be urged that Japan started with a clean sheet in the matter, and could therefore do the thing more thoroughly than we, who had to make the best of building upon a system which was no system.

The President of the Tokyo University, in the early days of women's university education in Japan, put the point very clearly before the women students—

“The students are enjoined to bear, distinctly and ineffaceably engraved on their minds, that they are expected to make it their chief end and duty to polish and develop to the fullest extent possible all their faculties, as well as their womanly virtues, and to remain faithful and endeavour to act up to the following principles, while never forgetting to be and to do good and to study and learn.

“They should always be guided in their conduct by the Imperial commandments embodied in the Imperial Rescript on education, and should at the same time observe strict obedience to the rules and regulations of the University, understanding well the aims and purposes with which this institution strives to conduct its work of instructing women. . . .

“. . . Firm in their resolutions and noble in their aspirations, they shall endeavour to make themselves mistress of all that makes women lovable and adorable.

“In their endeavours to acquire knowledge and learn arts they should cultivate the habit, so



far as possible, of trying to study and master by their own effort, and think and judge for themselves, thereby freeing themselves of the fault, so common among girl students, of blindly submitting to their instructors' words, and passively yielding to an author's views. Rather than try to be widely informed and variedly accomplished, they should make effort at acquiring and fostering the faculty of perceiving and penetrating into the real aspects and true relationships of things and affairs, and of grasping the fundamental principles and acme of art and knowledge, so that after their graduation from the University they may permanently be possessed of the power of freely and profitably putting in practice what they have acquired in the class-rooms. "

"A weak and sickly woman cannot but be an object of misfortune, not only to herself, but also to the home of which she is mistress. But the evil does not end there, because there is a fear of her leaving trouble behind her in her posterity, and thereby becoming a source of mischief to the society. It should thus be seen that it is a matter of vital importance for the students to be always mindful of promoting their bodily health by liberally taking physical



exercises and otherwise observing the rules of hygiene and sanitation, concerning their diet, clothing, study, sleep, etc."

This was the spirit of the programme of that youthful university in an ancient empire.

The whole ideal was improvement in the intellectual status of woman for the sake of society and Empire, not of self or of sex. To that end bodily health, and the importance of her place in the home, were ever to be kept in view by even the most enthusiastic woman student.

As has already been said, you may possibly teach everything which a girl needs to know before marriage during a couple of years after leaving school and before settling down, though that is open to question, but you cannot give the taste for "hateful housekeeping" as a kind of top dressing to "delightful dancing" or "strenuous study." You cannot wean a girl from everything "homey" from the time she is seven years of age until she is seventeen, and then expect her to take to housekeeping as a duck to water. The natural taste must be fostered from the time she delights in tidying the nursery playthings, dusting the nursery chairs, washing her doll's clothes, arranging her

doll's-house, cooking mud-pies, and miniature housekeeping generally. Certainly it is too late to cultivate a liking for the details of housekeeping after marriage; and the mother who has herself chanted the dirge of "might have been" must by some means save her daughter from that hazardous experimenting with those first and keynote years of marriage. There are many married women to-day whose houses run smoothly who could bear out the statement that their proficiency has been gained at the expense of ten years' experimenting on the income of father, brother, or husband; and, what is worse, of ten years' valuable thought and wear and tear of their own brains and bodies which could have been infinitely better employed. Even when the husband is totally unaware of the fact—because by much pains and the help of more or less efficient cook and house-servants, things are not so bad on the surface—the first few years' housekeeping are a perfect nightmare and daymare to the young wife. And this when she is a thoroughly cultured educated girl, and no fool in practical matters as a rule. This one particular thing has just been left out altogether from her system of training, because those who trained her thought the capacity was

there and needed no development—a kind of bottom drawer in her mind which had only to be opened when she married to be found fully equipped.

The wife of a well-known doctor said a short time ago that her first thought every morning was, "Oh, I wonder what we shall have for dinner to-day"; and that weary pressure of her house upon her shoulders never ceased till bed-time. It is a dreadful idea for a cultured twentieth-century woman to be but a kind of glorified snail, who crawls through life "with her house on her back." The doctor in this case assured his wife that he did not in the least mind what he ate; which was, of course, a very big, if quite unconscious inexactitude. As a matter of fact, if he had been set down to a series of really bad dinners he would have grumbled mightily. It was because, amateur as she was, his wife had always risen superior to her difficulties.

But the fact remained that she did, at the expense of much unnecessary worry and anxiety, what she might have done quite easily and systematically had she but understood one tenth of the amount about the rudiments of cookery that she understood about physiology,

in which she really was only second to her husband.

Incidentally this may go to prove that a sound knowledge of the household sciences and arts may serve, not to tie a woman more to the store-room and kitchen, but to enable her to get better results with the expenditure of less time and energy, by enabling her to apply to everything simple or complex within the household the master mind, instead of the mind of the uncertain amateur.

She will understand that it is as much her business to see that the drains are properly flushed as that the colour scheme of the drawing-room should be in keeping with her complexion; in fact, from the lowest household duty to the highest it is her business to insist that each is performed rightly, regularly and thoroughly. Moreover, the cleanliness of the drains may have more to do with the health and well-being of the household than the colours of the drawing-room.

The keynote of success here, as in the larger world of commerce, is "Be business-like." In all the actual machinery of the household have a method, and stick to it long enough to prove it workable or unworkable. Almost any reason-

able plan is better than no plan, but nothing is more distracting to the household than to be forever changing plans, like a child pulling up potato-plants to see how the tubers are getting on. Much time, controversy and energy are saved by having definite days for doing definite things, and definite hours in the day for performing definite offices.

## CHAPTER V

### THE SCIENTIFIC ORDERING OF THE HOME

#### II. MAINLY PRACTICE

MANY housekeepers who pride themselves on being practical say it is quite impossible to work on a system in a home as one can in an office or institution. But these women are generally those who have never tried system; and they frequently belong to that irritating category who love to say, as if it were a virtue to be proud of, that they can find no time for outings or amusements, no time to play, sew or cycle, or whatever their hobby may be.

But nobody in this busy life ever *finds* time; they always *make* time; and they make it by planning what can and what cannot, what ought and what need not be included in each successive twenty-four hours. The fussy manager of a firm is seldom the potential millionaire; and the fussy housewife can scarcely be quoted as above rubies in value. It is well, if one ever succumbs to this spirit of Martha, to remember that other human beings have but twenty-four



hours to their day, and that some mothers with similar homes manage to have leisure; and that what has been done once may be done again.

The people who sneer at system hardly realize how much time is wasted in the world every day by the people who are continually wondering what to do next. It often ends in starting half-a-dozen jobs, all of which go unfinished, when, if the whole time had been devoted to any single task, it would have been brought to a satisfactory end. If six days of the week are spent in this unmethodical way it is easy to account for a lost working week. If, for instance, our great railway companies tried to work from day to day and hour to hour without a fixed time-table, one can imagine what confusion worse confounded would reign. Of course occasional variations must be made which will 'dislocate the scheduled traffic; but no general manager would be so foolish as to argue that because an occasional royal special or extra excursion has to be arranged for, it is of no use working by a plan at any time.

On a smaller scale this applies to the home.

A royal special in the form of serious illness may upset all routine plans—or an excursion train in the shape of extra preparation for, say,



a summer holiday or Christmas festivity may for a week or two necessitate reducing all heavier cleaning and cooking to a minimum in order that mistress and maids may concentrate on the immediate business in hand. The home time-table will in most cases be more elastic than the business one, as it deals with a smaller unit of organization; but there must be a time-table if the home is not to degenerate into a mere ill-kept restaurant, in which, slightly to alter Lewis Carroll's words, "They have breakfast at afternoon tea, and dine on the following day." In fact, it will be advisable, in the interests both of mistress and of maids, to have written lists not merely for the hours of meals, but lists of work, general lists, and lists for individual servants, lists of outings allowed, and, where the household is a large one, a list of simple rules as to servants' visitors, and any other special regulations which the individual requirements of the house may demand. To these must, of course, be added the sets of menus, written by the mistress at least one full day in advance, and on Friday for the week-end where the system of ordering demands more than a telephone call.

Such a writing down of rules and regulations

may seem to the woman whose household is on a small scale unnecessary work. She may prefer the fussy method of repeating "do this" and "do that" from morning till night, and of personally supervising everything in detail. But even with young maids this is a mistake. The establishment of a written scheme of work does not preclude personal supervision, while it does at least encourage a young and inexperienced servant to think for herself. Unless she is more worthless than the average servant, she will instinctively plan to "get forward" for to-morrow, as she puts it, because she sees the next step in advance. She will realize that having the outlines of the work carefully set down, she has a certain responsibility in seeing the details carried out, and instead of looking upon her share of the household tasks as a bewildering jumble of multifarious jobs, and of being overwhelmed by them, she will attend to the duty which lies nearest, and for the moment let the next duty take care of itself.

There are, of course, certain households where all this worry is reduced to a minimum by the presence of old and thoroughly trained servants. It is to be hoped that in many more it will be again, in the future, reduced to a

minimum owing to the increased respect of thoughtful women for all that concerns the welfare of the home, and the consequent attention to the question by those engaged in training the young. But the average household is at present at the mercy of a more or less amateur band of domestics, who, with the best intentions in the world cannot compare with the older class who were skilled workers.

If one asks an old servant to take a young girl to train, it is quite common to be met with the remark, "I can't be worried with teaching any of the young folks such as come to service now-a-days. They all think because they can read a novel and write a note, that they know more than an old woman like me could teach them in a lifetime. The mischief is, they don't want to learn. They only want to pass the time sleeping and eating at somebody else's expense till they can find a young man, and make his home miserable for him. Give me one good housemaid who knows her job, rather than two young girls to teach."

This, of course, is very serious. If the girls of the working classes are not taught household crafts in their homes, or in the schools, and if they so dislike housework that they cannot get

an apprenticeship in good service before they settle down in homes of their own, where are they to acquire their experience at all? The question is being partly solved by the increasing attention that is being given to the domestic arts in the schools, from the primary schools to the polytechnics. But the really national aspect of the work of housekeeping, apart altogether from the question of motherhood, will never be fully appreciated by the masses until the higher branches of scientific housekeeping, and the principles underlying them, are acknowledged by our universities to be of equal importance with the older humanities, or the more modern forms of learning and research.

When women of the rank and file see the most able men and women giving the same place of honour to the study of principles of health, for instance, as is assigned to research in astronomy or in classics, then, and only then, they will cease to look upon household work as something beneath the girl whom they wish "to make a lady of" because she was top of her class in simple arithmetic or has learnt the rudiments of music. They will see that if they wish to make a lady of her she will have to learn once more to be the loaf-giver.

However, this is a digression, but the consideration, nevertheless, bears upon the main questions dealt with in this chapter; because unless those heads of households who are suffering from the effects of misguided ideas about the dignity, or the reverse, of housework, not only talk about the difficulties of running a home under existing conditions, but are also able and willing to set the example of how they may be met and mastered, we shall advance no farther. It is necessary to arouse a wholesome public opinion on the claims of the home. It is imperative that fathers and mothers of families in all grades of society shall see that this is a matter which affects education, and that in so far at least as home questions do affect education, parents of all ranks ought to try to take an intelligent interest in the work of the schools, and try to co-operate with any movement which makes their girls and boys useful, practical citizens. This does not necessarily mean a less literary education, but a different outlook upon the objects of school life.

But, as has been said, the mistress of the average household is face to face with a type of helper or helpers who have merely "picked up" their knowledge, with the result that she

has to act as the brain of the household. She will save herself much wear and tear by organization. She will make it easier for amateurs to do the work of professionals by planning their work on a scientific basis, by insisting on punctuality and regularity, and by gradually delegating to them more and more responsibility as they become proficient. She must give praise when effort is visible even if results are poor, just as she must reprimand carelessness or gross ignorance. She must be careful that her own expert skill does not make her unduly impatient with workers who try their best. She must guard against what is perhaps the worst pitfall of the worried housekeeper, that of allowing some trouble which ought to be confined to her own sanctuary to reflect itself in her dealings with the household. The servants cannot understand a mistress's personal worries, and they are, of course, the last people with whom to discuss them. It is then doubly unfair to them, on a day when they have taken especial pains to do their work extra well, to be repaid by sharp words or silence instead of commendation; or to be reproved, out of all proportion, for some trivial offence just because the mistress has had a tiresome morning post, or is suffering



from some big worry of which they can know nothing.

Happy is the woman who under such circumstances can jump on a cycle or go for a smart half-hour's walk and let fresh air blow away the cobwebs of care.

Unfortunately there are days when everything seems to go wrong indoors and outdoors, from the housemaid's love-making to the cook's cake-making, and from the vagaries of the washer-woman to those of the weather. It is then that a reserve of health and good spirits, and a general sense of the mastery of affairs resulting from a wise organization will save a housekeeper from the word out of season, which may reduce something or somebody to breaking point.

Perhaps, above all, the capable manager must beware lest she becomes unconsciously the victim of her own capacity.

The woman who, not content with insisting upon thinking for every one in her household, attempts in addition to do the essentials of nearly everything herself, atrophies in others not only all power of thinking, but all desire to think for themselves. Such unwarrantable meddling is neither fair to servants nor to daughters if she has any. It is often much



more easy for a capable, energetic person to do everything herself than to show others, but that is not the way to train a staff which must consist of heads as well as hands. The great thing is to get the right spirit into the house; the mutual feeling that every individual worker has her definite share to perform towards making a house into a home.

Once one has secured the confidence of one's maids, it is surprising to find how much sensible girls can co-operate in a thousand little ways in perfecting the home ideal.

The writer remembers quite a young maid who learnt her simple cookery from an excellent mother, who had herself been a servant in one place twenty years. This girl was often complimented on her cosy kitchen, which used to look such a bright inviting place on winter afternoons, with its glistening range and polished metal moulds and its well-garnished dresser, while the kettle was singing merrily, and delicious piles of buttered toast stood ready for the tea she was helping to prepare. One day, when she was told how clean and bright she and her room looked, she answered quite unexpectedly, "Yes, I always try to imagine I am in my own home, and this is my living-

room. So I bustle round and get it all nice and smart before tea-time, just as if my husband were coming home from work. I don't mind how early I get up or how hard I work if I can get it all square before tea, and get myself washed and dressed. Then I like to sit quiet for an hour and sew before I begin the evening work."

When all girls who go in for housekeeping, whether as servants or as daughters of the house, can "pretend" to such good purpose, they will effectively prepare themselves for homekeeping of their own; and when added to that they have learned that much of the drudgery can be saved by mixing brains with muscle, then a new era in housekeeping will dawn. One fact cannot be over emphasized; namely, that housekeeping can be, and ought to be, highly skilled work, and that it has a money value to the State, and deserves to be recognized accordingly. The manager of a Continental hotel once reproved a visitor who spoke of the waiters as "domestics." "They are not 'domestics,'" he said, "they are highly skilled 'employees.'"

Once housekeeping has been elevated to the position it merits, domestic service will cease to be looked down upon as something inferior to

the factory or the shop counter. Moreover, perhaps one may hope for a revival in some form or other of the old understanding between mistress and maid, thanks to which the English home ranked second to none in the past.

So many women can be usefully employed in one home, that perhaps the day will come when all will be experts in some department, and enjoy the pleasure of doing the work they thoroughly understand. If so, many of our economic problems affecting the surplus of women in the population will ultimately solve themselves—among others the forcing of women into unhealthy trades for which their physique does not fit them. Work which prepares women for homes of their own ought to be attractive, and when the more generally educated women bend their scientific knowledge towards lightening the heavy work which antiquated methods entail, the less difficult will the whole problem of home management become. Florence Nightingale raised the work of nurses to a skilled profession; pioneers like Miss Clough raised girls' education to the same high level as that of boys: modern women too numerous to mention will, before many years are past, raise the science and art of home-making to the place it deserves in the economy of the nation.

## CHAPTER VI

### AS BURSAR

THE expenditure department of any business is always equally important with that dealing with income. One half of life's business is spending, and it is the margin on the right side between income and expenditure which alone can make riches.

The wife's position as the head of all, or part of, the family exchequer is really a very responsible one. When one sees that so much of the world's expenditure of wealth is solely in the hands of women, it seems remarkable that so little practical homely arithmetic is taught in girls' schools. It is frequently found that girls who can manipulate sums requiring a knowledge of quite advanced mathematics get hopelessly muddled over simple household accounts. And this is not confined to the girls in elementary or higher schools who are taught to do all kinds of advanced problems accurately, and yet confess they are at a loss if asked

to record on paper afterwards the steps by which, say, a sovereign dwindled into a shilling in the kitchen. There is a well-authenticated story of a girl undergraduate whose name has since become a household word. On receiving a courteous intimation from her bankers that her account was overdrawn by nearly £2, she at once wrote a polite little note, signed a cheque on that same account of hers for £2, and forwarded it to her bankers with the comforting assurance that the enclosed cheque would wipe out the adverse balance!

Some of our boarding schools inculcate this habit of keeping a simple record of income and expenditure. The girls or boys are made to keep an account of what they do with their pocket money, and very valuable this practice is from many points of view.

It would probably surprise a good many men of business if they were told that most women pride themselves on a household system of what is strictly mental arithmetic.

It always astonishes the writer to find what a deep-seated objection many wives have to keeping household accounts. It would seem that if there is any serious difficulty in making the allowance answer what are supposed to be the

needs of the home, it is as much the husband's responsibility as the wife's to readjust things, and for that purpose he must be able to see on what the money is expended. He can then offer some suggestion as to buying in a cheaper market, or he and his wife must mutually agree to cut down some particular expense or expenses. If ends easily meet there can still be no serious objection to a financial statement.

Two things may account for the objections displayed by many excellent housewives to the practice. The first is the fact that until lately few women received any sort of business training, and the conduct of the home was largely a matter of rule of thumb all round. But a more widespread reason is the mistaken feeling that for a husband to desire or expect to have accounts of household expenses kept for him is equivalent to a want of trust in the honesty or capacity of his wife, and reduces her to the level of a clerk of the works.

The ideal of marriage as a partnership disposes of this objection. The responsibilities of the household, as far as they concern financial and business responsibilities, in which the experience of the husband make him a valuable counsellor in the matter, should, if possible, be



shared. Where there are many and diverse interests involved, as, for instance, a separate estate of husband and wife, or an inheritance specially set apart for the education of children, nothing but danger of recrimination and bitterness on both sides can result in the failure to keep accounts in a very precise manner.

These need not, of course, be of the elaborate kind which would meet the requirements of a public audit, but they should show clearly two things in a moment at any period of the year: the amount received to date and the amount paid out to date, with the balance. Some system should also be adopted whereby it is easy at the end of the year, if not done *en passant*, to see how the expenditure was divided up under the headings of food, clothing, fuel, and so on.

There are several year-books for housekeepers on the market, but in their efforts to be exhaustive they generally err by being too complicated for the powers or patience of the ordinary woman, not to mention the time which it takes to keep them entered up.

The system illustrated below is generally found most easy by the woman whose book-keeping knowledge is very slight. By this



means one enters straight onward, line upon line, every money transaction, whether it be money received or paid out.

## STATEMENT OF ACCOUNTS

(Round numbers have purposely been chosen to illustrate more clearly the simplicity of the method.)

Date.	Name.	Received.			Paid.		
		£	s.	d.	£	s.	d.
Jan. 1	Housekeeping allowance . . .	50	0	0			
„ 2	Stores.—Food . . . . .				15	0	0
„ 3	Messrs. A.—Clothing . . . . .				10	0	0
„ 4	Messrs. B.—Kitchen repairs . .				1	0	0
„ 5	For School fees . . . . .	20	0	0			
„ 6	X.—School for boys. . . . .				19	0	0
„ 7	Fares to school . . . . .				1	0	0
„ 8	Messrs. C.—Coals . . . . .				2	0	0
„ 10	By Cheque for self . . . . .	10	0	0			
	To own private purse (accounted for in private book) . . . . .				10	0	0
„ 11	Messrs. D.—Bread . . . . .				2	0	0
	Messrs. E.—Milk . . . . .				4	0	0
	Messrs. F.—Laundry . . . . .				5	0	0
	Messrs. G.—Fish . . . . .				1	0	0

(The above presupposes monthly statements from tradesmen, rendered within the first week of each month for the month just closed; checked with orders, invoices, door-books, etc., and paid within the second week.)

It will easily be seen that the income to date amounts to £80, the expenditure to £70, so that there is still a balance in hand of £10 to finish the month, for petty expenses such as fares, stamps, subscriptions, etc.

The books running at the various firms, to which one could refer for exact details, would

be carefully numbered and stored for future reference and comparison as soon as they become full.

The woman who pays every item by cash over the counter would find her entries, of course, correspondingly increased. But her amount in this case would be probably proportionately less, and she would discover it to be absolutely necessary to carry with her a rough pocket-book for the odd payments involved in her daily shopping, as it is never worth burdening one's memory with these small items; moreover, it is well-nigh impossible to do so with the hundred and one other things to be kept in mind.

The housekeeper who keeps careful accounts will be well repaid, for there generally comes a day of reckoning in some form now-a-days, when incomes are taxed to the uttermost in every sense.

For instance, there is that great break in household routine when nurseries begin to be replaced by schooling, and if the family is spread over a large number of years it often happens that during a certain period schooling begins while nurseries continue. It is then only by reviewing the household expenditure

as a whole, that a decision can be arrived at as to where nursery and other help can be curtailed to make up for the extra expense of schooling. If the family is not going to be periodically lessened by schooling, as in the case where a boarding school is contemplated, then the problem may be one of curtailing a little all round if no servant can be spared, in which case a careful set of accounts spread over a series of years becomes doubly valuable. Unless the wife or husband can add to a fixed income, the problem has often to be solved by a drastic cutting down of certain luxuries; and if this can be done on paper first, by amending the housekeeping budget in advance, it considerably reduces the worry in the practical carrying out of plans.

Over and above the mere keeping within bounds and recording how it is done, which is book-keeping, there is the underlying science of spending to advantage, and in the case of the housekeeper this embraces many other arts and sciences, including a knowledge of food-stuffs and dress-stuffs and of human life generally. There is more starvation from malnutrition than from insufficient food, and the girls' schools and colleges and the public gener-

ally are beginning to see that no woman's preparation for governing a home, whether her own or somebody else's, is complete without a thorough knowledge of these matters of home economics. Besides, there is no doubt that chemists' and doctors' bills eat up twice over undue economies in the butchers' and bakers' accounts.

## CHAPTER VII

### FEEDING, FURNISHING AND CLOTHING

MOTHERS who are themselves practised housekeepers are apt to criticize adversely, or to regard merely as child's play, much of the work now gradually being done in the schools towards instruction in the science and art of the home.

They may not go so far as the woman who wrote to an enthusiastic teacher of domestic economy, "Dear miss, don't you teech my mary eny more aboat her Insides. it don't do her no good, besides which its Rude. Yours truely mrs jones." But there is a widespread feeling, which is not confined to the poorer classes, that this kind of thing is apt to be unprofitable school-girl knowledge, designed to keep children out of mischief at school. The practical side is regarded as something with no real bearing on the home life, and the principles are looked upon as more or less useless cargo,

to be thrown overboard when the real voyage of life begins.

### FEEDING THE HOUSEHOLD

The mother who has already a large family to provide for cannot be expected to go to school again, but she may be advised to try to understand the value of these most recent developments in girls' education. She has, in fact, only to open her eyes to see that one of two things is true: either that she picked up her own knowledge under conditions of home life and school life which are non-existent to-day; or that she has won such skill as she has, by means of an excessive and wasteful expenditure of health, time and money since her marriage. In either case her advice to her daughter surely cannot be "Go and do likewise." But in place of the haphazard training such as she herself received, she should ensure that in school or elsewhere her daughter may obtain a scientific preparation in domestic science. At the same time, all the practice that the young girl can acquire in the household itself will be invaluable for giving point to the instruction she receives outside the home. But, between the mother who under present con-



ditions is in the parlous situation of the old woman who lived in a shoe, and the brides of yesterday, there is a large class of married women who have a certain amount of leisure at their disposal, and are desirous of turning it to the best possible use. All these, unless housewives to the manner born, would find it profitable to attend a certain number of popular and practical lessons on cookery, home-management and dressmaking. Such women should find lectures on food values and dietary especially useful. A few simple elementary facts acquired in this fashion would prevent them from arranging one day a menu fit for a carnivorous tiger, and on the next a repast that would be highly suitable for a vegetarian cow.

The relative merits of flesh-eating, and the several alternatives, constitute a question too large to discuss here and now; but the human digestive apparatus cannot be expected to be kept in working order if it is overloaded with starchy foods one day and meaty foods another, and this is varied by the tabloid system of essences instead of bulk on a third.

Here is an example of what not to do, taken from two days' homely luncheon menus in an actual household, where the meals were ordered

by a person who had evidently no idea what digestive processes followed the culinary operations :—

*First day.*—Potato soup with white bread, Scotch stew containing plenty of barley, with mashed potatoes and white bread, followed by a choice between hot rice pudding or blanc-mange.

*Second day.*—Hare soup, roast mutton with greens and stewed onions; followed by sweet omelets and macaroni cheese.

White bread here possibly saved the situation, for those who ate it plentifully, as a corrective to the consistently heavy meaty courses.

That is the type of household where, if money is no object, the next step is a sour-milk cure, or a peptogenic cure, if the patient has not in the end to journey to some expensive foreign baths. While if it is a home where money is a consideration, it is the type in which the mother wears herself out with perpetual worrying about the price of meat, when the health of the whole household would be immeasurably improved by reducing the butcher's bill by fifty per cent.

Lastly, some housekeepers are extremely particular in the arrangement of the menu for

the "grown-ups," while they look on the nursery meals as something so simple that they can be left to the discretion of the cook. There is no graver fallacy than this. On the contrary, no trouble should be spared in the right choice and careful cooking of the food for the little ones, and for the nurse who has the responsibility of waiting on them, with often the additional strain of broken nights and wearing days. Too many a cook thinks anything is good enough for the nursery so long as she can turn out a smart dinner for the dining-room. Such a person is not to be tolerated by a conscientious mother for a moment. The head of the house can stand up for himself, the babies cannot. Their health, nay, their very lives are absolutely dependent on the degree of control the mother exercises over the cook. Greasy meat dishes, uncooked starchy foods, unripe fruits, butter which has been near cheese or onions, tea which has stood on the kitchen table ten minutes before an undernurse fetches it, are a few of the many instances of what children in well-to-do houses have often to put up with. The high wages paid to the cook are no guarantee. If one has a *chef*, he is more than likely to intimate, should the matter be brought

to his notice, that the preparation of the nursery meals is work fit only for a scullery-maid, to whom he delegates, as a rule, the whole business.

### FURNISHING THE HOME

The mother who is not too conservative may also master certain broad principles as to furnishing. Suitability to its purpose, which may be summed up in usefulness, beauty and cleanliness, should be the keynote in every detail of every house.

Certain people state that any one can be at least clean if they wish to be. As a matter of fact, it is a very costly affair to be really clean, especially in a dirty manufacturing town, or when the house is one which will only just accommodate the family. All these factors count very seriously with the mother of a large family or mistress of a large household.

Broadly speaking, it is well to remember that initial furnishing is of the nature of capital cost, and, as with most capital outlay, expenditure by no means ends where it begins, but largely decides the future current expense. This consideration must always be borne in mind in weighing up relative purchases. For

instance, it may be quite possible to afford to cover and curtain a room in delicate silk. But the question arises at once as to upkeep. Will it last as long as something much simpler and cheaper? Will it need to be replaced during the long sunny days of summer by a complete alternate set of different type? Will it be a great anxiety to store from moth? Will the storing itself take up too much room? Will the careful cleaning of it once a year be such an expensive process as to be as heavy a total charge annually as the less costly and less pretentious casement cloth, which needs a monthly visit to the laundry? If so, is the heavy initial cost justified, and how soon will it in all probability have itself to be repeated? These questions are worth asking upon every detail of house furnishing. And the same principle should be applied to replacements of furniture which become necessary from year to year.

What is suitable in a house where there are ten or more servants, all understanding their business, is totally inappropriate, even on a small scale, in a house where there are two or three unskilled maids, and where the mistress is the brain of the whole. It hardly conduces to good temper to be always worrying about

things which are likely to succumb to moth and dust. The veriest *hausfrau* can spend her time better. And if all the furnishings of a house are such as need really trained people to use them properly, and keep them from damage and depreciation, it too often happens that while the mistress gives most scrupulous personal attention to these accessories, possessions of more lasting worth suffer from neglect, as, for example, her own health, and that of her husband and children, through the carelessness of the cook who may have been injudiciously allowed to rule the roost below stairs.

The woman with a "sanitary conscience" should look at all initial or supplementary furnishing primarily from the health standpoint in the broadest sense. She should possess, not *be possessed by*, her household gods.

#### CLOTHING THE FAMILY

Clothing the family is always a serious item, from the mother's own dress to that of the youngest infant. Under this rubric must also be included a large quantity of mending, as well as a certain amount of supervision of the husband's wardrobe. Making and mend-



ing are, in fact, one of the chief bugbears of the married woman who is not an accomplished needlewoman.

Every mother should be able to make such plain garments for herself and children as would be necessary if she were suddenly told she must dress herself and her children, including boots, on ten or twelve pounds a year each.

Except in homes where no person is kept at all, some of the kitchen work must fall to paid servants. It is the part of the household work which takes the mother most away from her family. It is likewise the most exacting and laborious, and leaves the mother least opportunity to keep herself always smart and neatly dressed.

But the great bulk of the needlework generally falls to the mother, even in homes where several servants are kept: and it is clean work, artistic work, and has for centuries been regarded as peculiarly the occupation of the educated and refined woman. It has the further advantage that it can be done at any time, even when talking to husband or friends or watching and supervising the games of children.

Material for clothes is to-day so cheap,

and labour so dear, that perhaps of all the many wage-saving devices in a household, home needlework gives the largest result for the least expenditure of energy, provided the worker thoroughly understands her business.

The first thing which the amateur must learn is that the tailor-made is for the expert. A "home-made" "tailor-made" betrays itself to the connoisseur at once. The judicious outlay of the same amount of money would allow of the purchase of a good soft silk, and the making up of the latter is within the capacity of a woman who professes to any dressmaking skill at all. It will even be found an economy, for it will look smarter and fresher, and keep in shape better after a year's use, provided its wearer is careful when out of doors to protect it with a cloak or mackintosh, than the home-tailor-made which is innocent of proper canvas and the hundred and one tricks of the trade, which prevent the real thing from crinkling, cockling and creasing. It is also capable of being repaired by the owner, which is not the case with the "tailor-made." One thing is essential for home dressmaking if the mother attempts her own gowns, and that is a mannikin

of the most perfect make procurable, modelled to order, and an exact duplicate of the figure to be fitted.

It is worth the sacrifice of one expensive costume in order to procure this; for no novice in the person, say, of a willing servant, can "try on" a gown for the mother, though her own expert skill may be equal to the task of fitting the children faultlessly; and a badly fitting dress of cloth or silver will not compare with one of jap silk clinging to every curve of the form.

Another thing it may be necessary to impress on Englishwomen with limited dress allowances is that it is better to economize on costumes than on corsets. With all our admiration of the Frenchwomen, this has been the last of her sartorial arts that she has been able to teach us. Yet another practical hint which one wishes were too obvious to need stating is this: many a woman adopts the one-sided policy of spending £8 from every £10 of the dress allowance upon costumes and hats, and imagining that the remaining £2 will buy all the corsets, undershirts and underwear required, not forgetting the footwear, those *understandings* which give such meaning to the Frenchwoman's get-up.

In this sense one might divide our dressy women broadly, in quite a new acceptance of the terms, into those who are "overdressed" and those who are "underdressed."

It is just the subtle difference between these two methods, which makes it possible to go away from one expensively gowned woman and say, "Her dress was of this fabric, it was cut in that style, it was trimmed with such stuff, and so on with the minutest detail"; and from another exclaiming simply, "She was beautiful, lovely, perfectly divine." In the latter case it might be impossible to describe a single ring or ribbon; all one is able to recall is the satisfying sense of the *tout-ensemble*. It was the *woman* that stood out, her clothes were a mere foil to her beauty; the lines of her figure, the colour of her eyes, every tint of her flesh, every glint of her hair, was emphasized and enhanced by some indefinable quality of her attire; every detail was in keeping with, and subservient to, the general scheme. Her robing was a work of art, and she herself a perfect picture.

And this can be achieved by the home dress-maker, even on small means, if she will *be herself*, and not crave for every passing whim of fashion; whatever *she* looks well in is *her*

fashion, and therefore will give her a certain distinction and individuality.

A few hints may be useful to young wives on that most expensive of all dress periods, the time when babies are coming and being nursed. One still youthful and beautiful mother of grown-up daughters once laughingly said, "For ten years I never had a dress which fitted me!" One felt the ring of truth in her words, yet there was no note of regret in her recollection of those ten years. But this period is rather a worry to the young mother who has a natural reluctance in confiding in her dress-maker. She too often, for the first few months, resorts to devices which spoil many of her best gowns irrevocably, and which only make them serve their purpose for a short time at best. Unless a gown is past the stage when it is worth storing for the next year, it is usually a mistake to adapt it for this temporary use. What a young mother forgets, is that there is roughly a year from the time her tightest dresses become unwearable, until the time they are wearable again, making due allowance for her getting out and about, and with the earliest days of nursing over. So that a dress put away, say, in the winter, quite untampered with and unspoiled,

will come out fresh and ready for use a twelve-months hence, just at a time when the mother is little inclined to go through the fatigue of standing for successive half-hours to be properly fitted. Whereas if it is altered and adapted it will probably get completely out of shape, and she will never feel quite smart in it again afterwards.

For this reason it is obviously unwise for a young married woman to have a large wardrobe of ultra-fashionable gowns. A few very good model gowns which carry no particular date are much more serviceable. And for the actual time, when dressing is such a difficulty, it is cheaper and more satisfactory in the end to have a few gowns specially made, unless she keeps a very good sewing-maid, and even then her most costly dresses should be resolutely stored away.

All the good ladies' tailors keep cutters and fitters trained to make such gowns. These women are specialists at their work, and they necessarily glean new ideas from succeeding customers, and so become adepts at their craft. All the young mother has to do is to say to the bowing shopwalker, "I wish to consult one of your women fitters for a gown I want made."



There is nothing unusual in such a request, even without this particular cause, and it will save the young wife much uncomfortable explanation. A few words and the fitter will promptly suggest what type of gown will be most suitable, and most easily adapted as time goes on. The main rules to observe are to have the busts amply padded, to have the lines as to seams and trimming running downwards as for an ordinary stout figure, and not to attempt to minimize the size of the waist. It is this foolish, as well as dangerous practice, of attempting to retain a small waist which defeats any effort to disguise as long as possible from strangers, and in public places, what the proudest mother naturally is shy about displaying.

Another point may comfort the sensible woman who keeps active and takes outdoor exercise to the end. A well-cut coat and skirt made by a master hand, with the breadth of shoulders exaggerated and suitably padded, and supplemented by a shirt with a fluffy cravat, is much more effective in its purpose than the floppy tea-gown type of garment which is utterly unsuitable for outdoors, and even if it fits and suits the wearer calls attention to herself if worn at unusual times or in unusual

places, for instance, during the mornings or in the streets.

For the aftermonths of nursing, the young mother should provide herself with an ample supply of washing blouses, supplemented by the tailor-made costume, which, if altered, will be invaluable until normal close-fitting garments can be used once more.

As to making baby-clothes, it is to be hoped that the practice of past generations will gradually be re-established. A recent visitor from Japan put it very simply and naturally in a public speech when she said, "We women of the fortunate classes in Japan would consider it a matter for humiliation if we could not do all the making, repairing and cleaning of every garment worn by us and our little ones."

There will, of course, always be a large number of women who for various reasons will buy some clothes ready-made for their children, but that is quite a different matter from being obliged to do so habitually when they can ill afford to pay for them. A girl of the working classes who went out a few days weekly to do washing and ironing, leaving her one little boy to the care of a neighbour, although her husband was earning good regular wages, ex-

plained, "I must do it because, you see, ready-made clothes is so expensive; and if it rested 'long-a me to sew for the three of us we should just have to go out with sacks tied round us." Contrary to the little Japanese lady, she did not seem to think it anything unusual or disgraceful to make such a confession. She added gaily, "I jest buy  $4\frac{3}{4}d.$  socks and stockings for me and my old man, and  $6\frac{3}{4}d.$  vests, and burns them Saturday nights. I ain't got patience for darning." One shudders to think of what not only the system of clothing, but of feeding, cleaning and furnishing must be in such a home, and is not surprised that such incapacity, added to the economic conditions under which many labouring men's homes are run, should so frequently lead by easy stages to the public-house, the pawn-shop and the workhouse.

Happily, above the poorer classes, women to-day are in many cases really very good dress-makers. The woman who has a sound knowledge of the general principles of stitching, working a sewing-machine, and cutting-out has little excuse for spending an undue amount on necessary clothing, or allowing herself and her children to be badly dressed. There are many schools of needlework in general, and of dress-

making in particular, and the fees are not high. Speaking broadly, once one gets above the actual stage of "rags and tatters," relative expense has very little to do with the cult of beauty in dress; comfort, cleanliness, and comeliness, need not be synonymous with costliness. In this respect the deft fingers of the woman who can wield the needle may be more effective than those of the wealthy half-educated housewife who can only use them to draw a cheque. The trained experience of a lifetime will produce, from the simplest materials, creations that no money-bags can buy, because the artist in this case is clothing not merely her body, which she knows far better than any other artist, but she is also trying to make her clothes a suitable vestment and adornment of her own personality.

## CHAPTER VIII

### THE MOTHER AS WAGE-SAVER

THE fact is, perhaps, not sufficiently acknowledged that the management of a home is work which has a definite and important economic value to the community.

Yet the efficient conduct of the home is work on which the prosperity of the civilized state depends.

The curious thing is that whenever any special kind of "Home" is under discussion, be it the pauper home, the inebriate home, or the home for imbeciles, consumptives or incurables, individuals and the State alike agree that the conduct of such an institution calls for skilled organization in every particular, and must be paid for accordingly.

But the average individual home, run by one woman for her husband and their family, is usually considered to be on quite a different economic plane. The rough labouring man puts plainly and brutally what Society by its attitude

implicitly indicates. His wife may raise a timid protest against some unreasonable demand on his part, which would put an undue strain on the resources of the household or her own strength, and he answers what he believes to be the sound logical truth, "You jist do what I say. I earns the money, and you do nothing but stop at home and spend it."

If the woman has ever earned money before marriage, she knows full well which was the more easily won livelihood—that of domestic service, of the factory, or the shop; or that of the working man's home. Small wonder, then, that realizing that she is doing as much as the man towards the upkeep of the home, she is inclined to revolt, and that one so often hears from the lips of such women, "If it weren't for the children I'd teach him. I could keep myself and some to spare, but what would become of the youngsters if I left him?"

The man has no intention of being a brute, an unjust brute. He is probably, in his way, a very decent husband. He just voices the unspoken opinion of Society towards the married woman of any and every rank. His attitude is, that the woman who is provided for by marriage ought to be very grateful that she has



no longer to work in the open market, (though even this is not always the case,) that she has a roof over her head, food to eat, and clothes to wear. That there is any money value attached to breeding children, cooking, cleaning, washing, mending and making for them and their father, and governing and ordering a home generally, is a fact entirely overlooked. Yet, if there were ever a case in which the labourer was worthy of his hire, it is especially true in that of the manager of the home. Again, if this were all, and if the woman were by marriage permanently settled for life, and secured from all future worry as to what would happen if she lost her health or her husband, or lived to advanced old age, the economic question would not be so serious. Marriage would be a species of investment, of insurance; and the woman might be expected to renounce, more or less cheerfully, her freedom to live as she wished, her power of supporting herself in the open market, and of spending as she liked the money she earned, in return for certain provision for life, and the accompanying uncertain joys. Hope would undoubtedly outweigh fear in many cases.

But what is not at all generally known

or understood is the fact that marriage does not, in any sense, place the average woman in a position of permanent economic security.

As a matter of fact, the years of married life account for only a portion of a woman's life, and as a rule just that portion when she would be at a maximum value as a wage-earner; the years, roughly, from twenty-five to forty-five.

Those best years, from a wage-producing point of view, are the years which the married woman expends upon homemaking; and if she does the work of a mother well and fully, they tax all her energies, and do not leave her an ample reserve of strength to spend on the years that come after.

On the contrary, marriage makes demands on bodily strength which single life does not; while from the economic point of view, the woman who has been for twenty years removed from the arena of wage-earning, returns to compete on very unequal terms with the young girl in the prime of life, and the unmarried woman with years of skill behind her.

That this whole question is a serious factor in economics has been very ably shown by the

well-known statistician, Miss B. L. Hutchins, in a paper recently read before the Statistical Society.

Among many points only remotely connected with the question now under consideration, one very significant fact appears from her figures. The average period during which a married woman can expect to be economically provided for by marriage, is twenty years. This figure, it should be added, takes into account the handful of women who are permanently provided for by husbands or relatives.

Before that, and after that, by reason of loss of the bread-winner through death, ill-health, or desertion, a woman has to be self-supporting; and often, in the latter period, has to maintain a family of children. This is a hard economic fact which should be brought home, not only to the State, but to the individual husband.

He should decide to what extent he wishes his wife to be a drudge, paid or unpaid; and to what extent he prefers that she should stay at home and housekeep instead of following any lucrative profession for which she may have been trained. The wife also should have a choice in such a decision. It may be mutually arranged that it is better, or more congenial to

both, for the woman to remain in the home and devote herself entirely to homekeeping as hereafter her sole profession. In that case, in return for her giving up the practice of an art or science, which she could have resumed in the case of widowhood or failure of the breadwinner, had she kept herself in practice, it should be agreed upon at the outset that some provision is made to secure her against being in a worse economic position than if she had remained unmarried. She can then take up her new and important career free from fear of the workhouse, or its appalling equivalent in the case of the broken-down cultured woman, at the end of married life. The husband owes her and himself this precaution. It would be well, where the husband's means do not allow his making a marriage settlement, that he should definitely undertake to insure his wife against anxiety in the case of his failure from any cause to continue to support her. If this annuity were only payable in the case of the husband's ceasing to support his wife owing to death, desertion, or hopeless breakdown of health, and not as an annuity to be paid in any case at a fixed age, the premium should be very small, and the payment of the premiums might form part

of the husband's regular allowance to his wife during their married life.

For undoubtedly every wife should have a definite allowance. If a man takes a woman from a paid and self-supporting profession, to work for and with him as homemaker and housekeeper, he should make it possible for her to earn for her own personal use, either from his resources, by means of a definite allowance in proportion to the work she does, and at least at the rate which he would have to pay a qualified housekeeper for the same household work; or he should agree to her so organizing her household, by means of imported help, that she can add to the joint income by working without injury to her health for some hours a day at remunerative employment either in the home or outside it.

The main thing to face is that she cannot do both single-handed, any more than the man can run both his home and his business without subsidiary labour.

But in addition to the housekeeping, the woman has to cope with the physical drain upon her constitution during, perhaps, the first ten years of her married life, when she is giving of her body in a way that no man does or can. It

is unfair to her during this period to impose on her the further strain that a ceaseless dread of the future must produce. Doubtless it is, within reason, better that she should, when married, confine herself to becoming an expert at what still is woman's highest profession, which finds its greatest scope in the manifold opportunities for influencing the lives of the children after they are actually out of the nursery.

But if a woman is to consecrate the main part of her life to this object as most of the best mothers do, she should be relieved from the additional economic strain, by some substitute for a marriage settlement which no capricious will can upset.



## CHAPTER IX

### AS WAGE-EARNER

THE generally accepted theory that men must work and women must keep is more or less exploded.

To-day the vast majority of women work in some direction, paid or unpaid, outside their homes, from the charwoman to the chairwoman.

The idea of the gallant husband working away in order that the wife may live a life of leisured laziness is just a sentiment to which Englishmen cling, a well-worn sentiment and little more.

As H. G. Wells puts it: "We live in the workaday world of limited and egotistical souls . . . where men and women are competing to live, passionately jealous and energetic, in the highways and market-places of life, where one must submit to law and convention—especially economic law."

If a man will not labour neither shall he eat, is applying more and more to women to-day.

It is useless, even if it were necessary, to limit the freedom of the women of to-day in this matter. The general outcome of modern conditions is to make women free citizens, and in the exercise of their freedom one natural desire is to work; the wage-earner for money, the political woman for power, the literary woman for praise, some from choice, some from necessity, but all for some return, and generally to the distinct advantage of their own minds, and consequently of those with whom they come chiefly in contact, whether men, women or children. It has already been pointed out that, in so far as the woman is a skilled housekeeper, she is a wage-earner even in her own home, and some money value should be put upon the work she does.

But there is the larger question of the married woman working for profit independently of her husband, as well as organizing and superintending the home, and in various degrees assisting in its management.

Every statistical report on woman's work, and every public utterance of medical experts who have given time and thought to the special question, points out more and more clearly and emphatically, that at least during the first ten

years or so of married life, years which in a normal marriage are years of childbearing, the mother is better from every point of view, to be relieved from the strain of earning outside the home.

Any woman who has borne a family will realize this. But there remains the fact that the strain of modern life makes it imperative for a larger proportion of women, the number of whom would astound those who have not studied the facts as a whole, to work even during these years so important to the mother, her offspring and the man whose home she rules.

Miss B. L. Hutchins, to whose valuable paper allusion has already been made, has established the fact that, of the number of women over fifteen years of age in any given year, half are either single or widows, and that therefore there is a very large percentage of women who must be permanently self-supporting. In the light of these startling figures it becomes increasingly necessary to make it the ideal of every civilized person, woman as well as man, to be self-supporting. The number of women who are returned as earning a whole or partial livelihood is probably much understated in the available statistics, because at present it

is considered more genteel to describe oneself as unoccupied, or merely as married. The day, no doubt, will come when women with a profession or calling will gladly set down more exactly their contribution to the world's work.

When this state of things comes about it will produce a revolution, which cannot be more than incidentally touched upon within the limits of such a book as the present.

One thing is bound to result if all women eventually take pride in being skilled workers, the question of working after marriage will become one of even greater importance than it is to-day, but it will assume a completely different aspect. One result for which the present writer ardently hopes is that when civilized society has publicly acknowledged that women as well as men must be self-supporting, the work generally regarded as woman's work will be reorganized. At present most of the work, public or private, considered as especially woman's work, is the roughest drudgery, the work men refuse to do.

It has been the dream of the writer for many years—perhaps a Utopian one—that when women with leisure and knowledge have all the necessary data before them, they will not rest until the work done by women and girls is from

the first chosen with the fact well in view that every girl is a potential mother, and that any form of wage-earning which is damaging to her body is fundamentally bad.

If this were to become the general practice the difficulty of deciding whether a woman should work after marriage would be materially decreased. The heaviest work, which would be dangerous to the child-bearing woman, would not be woman's work at any period of her life, while a problem which is so often wrongly mixed up with *married* woman's wage-earning would become a question of woman's work irrespective of the incident of marriage.

But the prospective advantages of such a delimitation of functions does not end here.

If girls understood from the first that marriage was not a profession which relieves them of any further need for supporting themselves they would be less half-hearted than is often now the case, in their efforts to master their business or profession. A man knows his work is work for life, and he strives to make himself thoroughly proficient. A girl often, until it is too late to catch up, hopes and hopes for marriage to relieve her from doing more than while away the years, or at best provide herself

with a temporary living. She is often wasting her energies playing out time, when she might be becoming a finished expert, and able to command high wages. She marries while she is still a hewer of wood and drawer of water; and then finds, too late, if she has to re-enter the wage-earning arena, that the market is already overrun by children of Gibeon far better equipped than herself in health and youth, with the further advantage of being more or less known to their employers. To be an expert in something remunerative before marriage is worth a substantial dowry to a modern woman.

So much for the future; but as regards the present time, the issue as to the advantages or dangers of married women being wage-earners is, as we have seen, complicated by the consideration of whether certain things are desirable branches of work for women workers at all.

But there still remains the fundamental fact that many married women have to work whether they will or no. There is the choice of remaining at home to starve, or going out to work, or rather overwork, in order to make two ends meet.

There comes in also the question of subdivision of labour here as elsewhere.



For instance, in the artisan's home the washing for the family is one of the things which most makes home no home, and to this must be added the fact that some of the heaviest mangling, ironing and lifting incidental to laundry work is just that type of work most injurious to a young mother. It is a gain all round if the woman is, for instance, a skilled dressmaker, and can earn enough to pay for sending the laundry outside her home to those who possess the proper modern labour-saving machines for the purpose. The married woman is then kept in touch and practice with the work which is her own, and which she can increase in quantity should necessity arise, and she is doing what interests her because she can do it well. Moreover the prospect of finding his wife neatly and smartly dressed, seated at her sewing with the housework done, is more likely to encourage an artisan to cultivate his own fire-side, than the certain knowledge that he will find her cross and weary with unkempt hair and a house full of steam and wet clothes two days in every week.

And this applies equally to the middle and upper classes. The woman who is a skilled worker in any business which can be done in her

own home, should be free to choose whether it is to her advantage and the good of the home for her to earn an extra fifty or hundred pounds—part of which she can spend on wages and keep of servants, while with part she can add to her own and family's pleasure, and swell her savings. In some cases the extra service will provide her, after her work is done, with a surplus of leisure which she can share with her husband, making married life something of what she dreamed in her girlish days.

Lady Maclaren sums up the position very well in one of her papers—

“If between the ages of fifteen, when girls should begin to earn, and twenty-five, when on the average the greatest number of marriages take place, women could, out of their own earnings, save something to help in the struggle during the early years of marriage, when help is so greatly needed in most homes, much would be done to solve the problem which besets the early years of motherhood. But whether this is possible or no, once equipped as a skilled worker, a woman becomes independent. She is able to keep herself before marriage; she can wait and select the mate she prefers; she is able to return to her trade if her marriage prove un-

happy; she is able to help the family if the husband fall into ill-health or meet with misfortune, and finally at the end of marriage she is able to take up again her skilled work and support herself without becoming a burden upon any one.

“This is economic independence; and, until the economic independence of women in all countries is secured, the tale of women’s suffering and misery will continue. The girl who is not economically independent is not free. She is bound to find a man to keep her; she must accept an unsuitable mate, not because she loves him, but because she cannot support herself, and must find some one to feed her. The wife who has not saved anything before her marriage and has no power to earn her living is absolutely at the mercy of her husband and may at any time become destitute. The widow who is not economically independent finds the workhouse her only certain refuge until she becomes qualified for an old-age pension.”

Only a few of the points in this gigantic problem have been touched upon here. Much is still in the making, but the economic status of woman is a question whose growing ferment may strain, one day, even the firm-forged bands

of our existing civilization. Yet enough has been said, it is hoped, to show the average mother what a very vital problem this is, not only for herself, but for her daughters. It affects early training, education, preparation for a trade or profession, and, above all, marriage. As to the girl who may reasonably hope to be permanently secured by inheritance from penury whether she marries or not, she can easily see for herself that here among the fit and healthy is room for expenditure of her best thoughts and energies, as much as among those who have fallen by the way, the sick, the suffering, or the poor. The social problems of the day are not by any means confined to hospitals, sanitoriums, and workhouses. If her leisure is profitably spent in fighting the battle of the woman wage-earner, especially with a view to securing her a fair field and no favour, she will have done much to mitigate one of the gravest economic disadvantages of her sex.

## CHAPTER X

### AS DOCTOR

IF there is one thing more than another in which prevention is better than cure it is in the case of health.

And it is in the field of preventive medicine that one can foresee a race of mothers trained in the fundamental laws of health, with a corresponding revolution in the work of the family doctor. The time no doubt will come when the mother of the future will cheerfully pay for advice on how to keep well, instead of how to get better after falling ill through the breach of every known law of health. Some day it will be considered as reasonable to consult the doctor in cases of doubt as it is to-day to consult the family lawyer, before one's fortune is jeopardized or lost; not afterwards, as to how to save something from a partial wreck.

But apart from these more serious questions there are matters that a mother should understand with regard to the general conduct of the

healthy home, her own and husband's health, and that of the children and others dependent on her. The woman who has a working knowledge of the broad underlying principles of personal and national hygiene, has one of the most valuable assets a mistress of a household can possess. By this is not meant the irritating novice who throughout an appetizing luncheon spoils one's enjoyment of it by talking glibly about proteids and non-proteids. A knowledge of food values is excellent, but the time for utilizing it is when a woman is buying provisions or ordering meals, not when the guests are doing their best to do justice to her viands.

Nor do we mean that tiresome person who is to be seen in season and out of season trotting round her nurseries with a thermometer in her hand. She may run no risk of missing to call in the doctor when scarlet fever or measles has one of the children in its grip, but she will run a very grave risk of making herself and her children horribly morbid and self-conscious, not to say precocious and fussy.

But it is very necessary that the mother should understand what a very important part right housing, bathing, clothing, feeding, work-



ing, playing and resting do exert upon the issues of life.

These in their fulness and detail could not be dealt with here, nor can the larger portion of them be gleaned from books. Undoubtedly the next generation of mothers will come to the practical duties of home-life better equipped in this matter than are the rank and file of mothers of our own generation. But there are one or two points in which mothers themselves can do a great deal where all others may fail, and where at present few are doing anything, for the simple reason that here in England biology has not come to its own in our schools.

The writer refers to the always delicate and difficult question of how and when to tell sons and daughters the real meaning of healthy animal life. With girls it is less difficult than with boys; especially if daughters do not go away to a boarding-school.

But a certain portion of the truth is sure to filter through into their young minds from books, from overheard conversations, from perhaps ignorant nurses, and that ubiquitous little person the nasty-minded boy or girl at school; and if others satisfy the curiosity which the

parents neglect to do, the children may get only the scum of the filter, instead of the knowledge of the pure water of life, which the happy mother should be able to give.

Certainly all girls and boys ought to be told the broad truths of the physical side of life before being sent away from home to a boarding-school.

But if the children are entirely educated at a day-school and are so not removed from the mother's influence, the opportunity can be suited to the development of the individual child.

Generally a few simple, well-chosen words will suffice, and then the healthy-minded boy will forget all about the question, until nature asserts herself, and the boy realizes he has to remember his mother's advice and harness his desires or live to regret the wasted years when it is too late. The important thing is that the boy will, under these circumstances, know that desire in itself is not a sin, but a natural result of robust health, and a matter upon which he may go to his own father and ask for timely advice if he wishes.

In the case of the girl nature has mercifully ordered that desire is not normally so strong

and persistent, hardly even existent, in many cases, until after her actual marriage. But there is, deep down in every true girl's heart, the more potent instinct—the maternal instinct; and that is often the best channel through which to approach the whole difficult question with one's daughters. If young babies are still coming while the elder girls are growing towards their teens, it is perhaps the best possible opportunity of telling them the truth, or as much of it as they can understand. Otherwise the child itself generally provides the opportunity to ask some innocent relevant question as the outcome of reading or hearing a fairy or other story; love and marriage and little babies are such common themes.

The ordeal is generally much simpler than a mother fears. She may take her little daughter into her confidence and tell her she may have another little sister or brother in a few months, and when asked how she knows the secret, can explain that the mother always knows before any one else, because the little unborn baby is so frail at first, that the mother carries it very near her heart and feeds it and shields it till it is big enough and strong enough to be born; and that even after birth it needs its mother's

constant care, and depends on her for food and tending. As a rule the simple seed thus sown sinks naturally into the mind of the healthy child in which it will germinate and bear fruit in due season.

Hereafter she will probably be more than usually considerate of her mother, but her main thoughts, if she is a normal, motherly little person, will dwell on the prospect of a real new baby. Later on, as her own body develops, her mother should forewarn her as to what to expect; should tell her that these regular periods are not in any sense a disease, or to be looked upon as illnesses, and that proper care and cleanliness are necessary to ensure that what ought to be only a natural event does not become a source of regular burden as it is to many women.

When these periods begin with a girl, it is the mother's duty to explain to her how essential is as much rest as possible upon the first day. Staying in bed is not to be recommended with strong, healthy girls; but as much lightening of head-work as is possible, and as little violent exercise as is practicable, are to be advised. Dancing in stuffy rooms, cycling, horse-riding and participation in violent games

should be discouraged. They should be forbidden on the first day, and indulged in in moderation throughout the period, if at all. Healthy walks are the best form of outdoor exercise. Good nourishing food should be insisted upon, and the mother should understand, remembering her own body, that all girls and women are more highly strung at these periods, and that allowances should be made, generally by ignoring any little lapse of cheerfulness or good temper.

Some girls are abnormally hungry and thirsty at these times. And the after exhaustion can often be avoided by the addition of a glass or two of warm (not hot) milk between the regular meals, or a little good soup or thick barley water.

Girls vary very much in this as in other matters. The variation is due in some measure to the difference of strength in sexual instinct in the different individuals. But there is room here, as elsewhere in the female economy, for women doctors to give very special help to their sex; for in a perfectly healthy woman it should not be always what an eminent French doctor recently described as *un petit accouchement*.

A great deal of the incidental pain can be entirely obviated by definite regular attention to the bowels a couple of days beforehand, especially in the case of girls who habitually suffer from constipation, on the same plan that a maternity nurse sees that the lower bowel is thoroughly emptied immediately before a woman is delivered of a child.

Purgatives should never be taken during the period; they only aggravate the pain already being suffered, while doing the work for which they are primarily resorted to. If the girl has been negligent or obstinate about the regular functions of her body, the best thing to remedy the trouble is to administer a good soap and water injection. Perhaps the natural objection which any healthy girl has to these mechanical means, which are in her mind associated only with illness and hospitals, may be the means of her taking care that the simple remedy never has to be repeated in her case until she really is ill.

There are perhaps more women who suffer unnaturally from what is a natural occurrence, through carelessness in that which affects the regularity of the bowels, than from any other cause, and what in any case would make them



unhealthy and unhappy women is attributed solely to the regular periods, when as a matter of fact the pain at those periods is merely unnecessarily aggravated by a permanently unhealthy condition. About three stewed prunes eaten last thing at night and first thing in the morning, in the juice of which a few senna pods (not leaves) have been placed in a muslin bag for the last twenty minutes of cooking, will often if persevered in regularly for a few months, remove the most aggravated form of constipation. The bag of about six pods can be rinsed out under a tap of flowing water to remove the stickiness and hung up to serve for three or four times. As the effect begins to be satisfactory the senna can be gradually reduced, and fruit alone persisted in. An occasional dose of good saline drink once or twice during the month, half-an-hour before breakfast, may be added with advantage, preferably in tepid water.

No young girl should be allowed to contract the habit of taking drugs of all sorts as a matter of course. Any doctor who has a large practice among women will bear out the statement that ignorance and carelessness in these simple matters are at the bottom of much of our

prevalent women's ailments, not excepting anæmia.

It is to be regretted that the years for sowing these seeds of future ailments are generally just those years when girls first go away to boarding-school, in some of which the individual supervision in these matters is not so complete as it should be. The girl is thus deprived of the attention of her own mother at one of the great crises of her physical life.

This apparently points, as several other fundamental facts of our race-culture would seem to indicate, to the advisability of having, in a position of authority only second to the principal of the school, a trained lady who is no faddist, but who adds to the knowledge of the ideals of a healthy public school atmosphere, the skill of the trained nurse, and accomplished scientific housekeeper combined.

It should be the girls' duty to inform her as a matter of course when their periods begin, and the keeping of a simple chart of these and other medical matters throughout the year would be a valuable basis for supplying individual mothers with special hints and suggestions as to care of their daughters' health during vacations. Elaborate anthropometric records

are kept in many schools for other purposes. If these were utilized to confirm the observations obtained on the lines above indicated, it would be easy for a lady who was a skilled person to give an exemption excusing the girl from just so much school routine as she was convinced the case demanded. This might include drill, hockey matches, cold baths, or evening lessons, as the case might be. A girl would thus be relieved of the onus of asking to be excused, possibly in front of a class of girls, or worse still a mixed class, for such things have occurred to the writer's own knowledge. Any sensitive girl would drill or do anything else before expressing her wishes under such conditions. Such time is by no means wasted. Human beings are all the better for lying fallow at times.

There are many girls who if they can slack off during the first twenty-four or forty-eight hours can go ahead the rest of the month; but who, if they work hard for the first twenty-four hours, are just below par for the next twenty-four days. And it does not need much medical knowledge or imagination to suggest to any mother that school honours may, in such cases, be won at too great a cost.

Some school-mistresses will say all this kind of thing is prurience or nonsense; in either case it only proves that women who have never suffered an ache or pain are not the people to deal with frail bodies, whatever their skill in dealing with delicate minds. But fortunately such women are in a very small minority.

Some heads of girls' schools are already alive to the immense advantage of a visiting woman doctor who is autocrat of the cooking, feeding and similar arrangements as well as of the sanatorium; or of a resident scientifically trained person, who combines the functions of house-keeper and matron. A further important point is that the school nurse or nurses should not be shut away in a "sick-room" waiting for epidemics, but should be an essential part of the working staff of the establishment.

If parents would give preference to schools where this is so, a revolution would soon be made. The charge for such skilled supervision should not be an extra, which some schools so dearly love, but a prime necessity of the school. Even if such an official had to be added to a school, she would soon repay more than her salary in what she saved in the household economy.

But when schools are as near perfection as possible, the chief onus lies on the parents, and primarily on the mother. No mother should shirk her plain duty in these matters; for no joy on earth compensates for bad or feeble health. It is quite pitiful to hear young mothers say, "If I had only known before I was married half of what I ought to have known, what a different creature I might have been, or how much stronger my babies might have been." The suffering of young wives is upon their mothers' heads. Probably much time, thought and money were spent on non-essentials, while the way in which they were left to pick the vital things of human existence was nothing short of criminal in its neglect of realities.

## CHAPTER XI

### AS NURSE IN HEALTH

THE mother must always be head nurse, however many skilled or unskilled nurses she may employ.

Too often, when a young mother who knows next to nothing about infants, hands over her baby to a really skilled nurse, she abdicates, though much more reluctantly than critics suppose; her real reason generally being that she believes it to be best in the interests of the child. The nurse has the air of unmistakably resenting what she is pleased to call *interference*.

Now the mother should never make this mistake, however ignorant of practical nursery affairs she may be, less than ever because she is ignorant, for she never can tell when she may be temporarily or permanently deprived of the help of a nurse, and she has got to learn sooner or later, and the sooner the better. No nurse who is really worthy of the trust reposed in her, will forget that however unskilled a mother



may be, the latter is, after all, the mother; and that if in the interests of her own health, and owing to the claims of other children, she must be assisted by nurses, their duty is essentially to supplement her, not to supplant her.

The writer would like to put in here a plea for the properly-trained lady-nurse. A young mother will find the greatest possible comfort in having a lady with whom she can discuss the various questions of her baby's training on a different plane from that which would be possible with a servant. And a woman whose whole upbringing and early education have combined to fit her for dealing with children and child-life will be an almost incalculable advantage in every way in the important early years, during which children are so impressionable. Moreover, the nurse and children will be able to be much more in the mother's society in a natural homely way. There are none of those difficulties which arise when a servant has to be constantly with the family. She may be a most estimable nurse, but she can have very little in common with her mistress excepting a mutual interest in the children.

But every mother must be prepared for the fact that during the baby years normal children

are just little animals, and that they are sure, for the time, to be most attached to those who feed and dress and wait upon them. This is a source of much vexation to some over-sensitive mothers, who have even been known to go the length of dismissing a devoted nurse because the children were so "unnaturally" fond of her. If youngsters are looked upon as what they really are—young animals—this affection for those who are with them three-quarters of the day and night will appear as perfectly rational and natural. The mother's time will come, unless she allows her children to be entirely weaned from her through lack of daily touch with all that concerns the nursery; and it should be a comfort to her, rather than the reverse, to see how healthily grateful and affectionate her children are towards those to whom they owe so much. The child who never shows any particular affection for his baby-nurse will probably, later on, show very little love for any one beside himself. Even a pig has a special grunt for the person who feeds him. The one thing needful is a sympathetic understanding between mother and nurse; that the children only imperfectly understand is of minor consequence. On the other hand, it is essential that the nurse should not

deliberately do anything to lessen the love for parents, which some jealous women undoubtedly do. One hears such sayings as "Whose little sweetheart are you, mine or mummy's?" That is an unfair question to put to a little child, and no woman brought up with a sense of honour would put it. She is bound to get her share, a very big share, of the baby love in return for her work and undoubted self-sacrifice, but she must always try to think of the days when she may have a baby of her own, and imagine how she would like her nurse to behave behind her back. This strengthens the plea for a lady for such a post where all kinds of psychological questions arise. The time will perhaps not be far hence when all these higher positions in the household economy will be coveted by well-bred and highly-skilled women. No work could better equip them for managing homes of their own. Incidentally our so-called servant problem may solve itself by almost ceasing to exist. The application of brains all round, to labour expending and labour saving, will alter present conditions materially in the near future. But the solution can only be successful and permanent if the mother, in the house or in the nursery, is truly the head, and

the real solution lies as we have seen in delegation, not in abdication. This in its turn implies that the mother must understand the broad principles underlying the functions of every one in her household, while they may be specialists as far as details are concerned. During the early years of married life if she must delegate more freely in one department than another, it must be rather in the house itself. The care of the babies should, in fact, be her first and foremost consideration.

The warming, lighting, furnishing, decorating, cleaning, and everything else which can intimately or remotely affect the nursery health should be under her own personal supervision. She cannot pay for this to be done for her. She must, in the broad essentials, do it herself.

And if anything has to be sacrificed on the score of economy let it not be the nursery that suffers, whether it be in wages, in equipment, or in space.

One duty, which is also a pleasure, should never be omitted lightly, that is the rule for the mother and father to have the babies with them some part of every day for games, stories, or a romp without the nurse. It is good for babies, parents and nurse alike.

## CHAPTER XII

### AS NURSE IN SICKNESS

THOUGH skill and a regard for the laws of health minimise the risks of serious illness there are hardly any homes which are not invaded by ill health at some time or other.

There are a few really reliable books on the market on home-nursing, and even if the young mother has had a certain amount of experience, her own personal library should include at least one good book on common ailments. It is impossible for the lay person to remember all the symptoms peculiar to even the common illnesses, but a mother ought to have some practical knowledge of what to do in certain emergencies, and how to describe symptoms as to temperature, type of rash, and such-like definite matters, when telephoning or sending a note to a doctor. This is much more effective, as well as more reasonable, with a busy medical man than a frenzied message, "Come at once," which may or may not be amplified by the bearer

of the message in such a way as to give the doctor quite a misleading idea of the urgency or otherwise of the case. But it must not be forgotten that books can at best only act as signposts in these matters, and amateur first aid in serious cases may do untold harm, while for the inexperienced woman to start reading a book when the enemy of illness is already established is nothing short of homicidal.

Years ago all educated women knew something of general nursing, either from experience or tradition, and every housewife had her own or family specifics for common ailments like colds or accidents such as burns and scalds. Remedies, even for these and their kind, are often unknown to women to-day, partly, no doubt, on account of the increased ease with which a doctor can be consulted, and a trained nurse, if necessary, summoned.

Should a mother be called upon unexpectedly to nurse a child or husband she ought, if it is at all serious, to ask the medical man to give her explicit written instructions, especially if there are any points upon which she feels she may be hazy; she should then follow them faithfully, however much she may be tempted to substitute for them her own judgment, in such



matters as food or ventilation, in which she may fancy herself thoroughly competent.

Even when she has had some actual practical experience, her unswerving loyalty to the man or woman into whose medical care she commits the special case will do more with her own devotion to pull her patient through, than all the odd 'disconnected scraps of knowledge which she has gathered from various sources and which may not really fit the case under her care.

If, as is now-a-days somewhat rare, she is called upon to nurse an infectious case, she must be more than ever exact in carrying out the doctor's orders; for the after effects are often more serious than the illness itself unless the most scrupulous care is exercised. In this case she must definitely decide to do either the nursing or the housekeeping. She cannot carry on both. While taking the nursing she can at a pinch *supervise* the house and give orders about the patient's food and the family meals. Even this will probably spell over-pressure, but unless she has thoroughly reliable and experienced servants, it may be the only way of keeping expenses within bounds.

If the house is a large one and the isolated

room is, as it should be, at the top of the house, then once she has taken over the nursing she should stick to it. It would be poor economy to run any risk of breaking down herself, and of further spreading the infection among the household by trying to be in too many places, often without being able to take full precautions for changing the garments worn in the sick-room. In any case, whatever the weather, she should wear throughout a washing dress, and over it a common overall, a couple of which may, if necessary, be made in a few hours of common print or unbleached calico. The latter should be only used in the sick-room, and should be frequently washed.

In most homes it is more than likely that the "better part," in the case of infectious illness, will be to give very special care to all the members of the household who are well, and to do her utmost to keep them in health.

Whoever does the nursing should not have her food in the patient's room; and the mistress should see that no china or cutlery from the sick-room is returned to the kitchens without being first washed in a bathroom or elsewhere close to the patient's room in a weak solution of disinfectant. Accidents, apart from care-

lessness, may account for spoons or cups used by a fever patient getting mixed with and washed up with others.

The simplest thing is to place in the sick-room the glass, china, cutlery, etc., which are likely to be needed, together with several enamel bowls, which are indispensable, and then, by means of a table outside the patient's room, to secure that only the helpings which he is likely to require ever enter the sick-room. The nurse should guard against the danger of any one being tempted to finish up something left by the patient, by disposing of it herself, and by seeing that a clean dish goes back. It is obvious that in order to prevent waste only small quantities should be prepared for the fever patient. Of course such things as jelly can be kept covered, on ice if necessary, outside the sick-room until finished; but it occasionally happens that when the patient is allowed milk puddings, fish, etc., he may actually have the helping before him and try to eat it, and then send it away. When ordinary meals with fat and gravy are allowed, as in the dangerous recovering stage of scarlet fever, the nurse must not relax her care, but must wrap up leavings in brown paper and put them in an enamel bowl

kept for the purpose, sending them to be immediately buried outside or burnt in the kitchen stove, and the plates should be wiped with soft paper or cotton wool and washed in disinfectant, previous to sending them down to be washed again in ordinary soda and water before being put with the rest of the service.

The mother will in any case be responsible for having the room prepared for the patient, and every possible article of superfluous furniture should be removed, together with all ornaments and hangings. A suitable blind must be available for thoroughly darkening the room at intervals, and a common screen or a clothes horse, on which a washing cover may be hung, must be provided to shade, or partially shade, the patient's bed when necessary. The carpets must, of course, be taken up, and the floor washed over with strong carbolic. If the patient is already in the room and cannot be moved, quiet is essential, and every possible consideration should be shown, for it is terror enough to a child to know that it is ill, without finding itself the centre of a sort of miniature earthquake. With a nervous child it may add considerably to the feverish condition.

Should it be possible, it is well to prepare the

sick chamber as quietly as may be, and to place a little bowl of flowers near the bed before the little patient is carried in, carefully wrapped in a blanket, and then just to say you have made him a pretty little room all cosy for himself. A servant who has already had the ailment, or one who is not in any way afraid to go near fever, should have an hour regularly each morning to wash over the floor with water to which some antiseptic has been added. All else should be done by the nurse herself, and she or the doctor will be responsible for the steps to be taken for disinfecting afterwards. A wet carbolic sheet should cover the door all the time.

In the rest of the house the mother must carefully see that extra precautions are taken in the matter of flushing of sinks and drains, in cleansing of bathrooms and lavatories, and ventilating everywhere.

Great care must, of course, be taken as to garments sent to the laundry, and it, perhaps, need hardly be said that except in the country, where space is ample, home is not the place for washing infected garments. Small pieces of lint should be used for handkerchiefs, and burnt afterwards. Whatever the time of year, a fire somewhere under the nurse's control is

essential—for it is by means of excreta that the disease is carried: and in the case of measles especially by means of the dried mucus sneezed down by the child. For this reason all books and playthings which may have become infected must be burnt, as the infectious cold in the head lasts quite a long time. As regards carbolicizing the garments which cannot be burned as can handkerchiefs, one thing not often observed should be carefully remembered. Soiled linen should be soaked in *clean* water for about two hours before the carbolic is added. If the garments are put dry into a bath and carbolic water poured on them, the carbolic coagulates the albumen of the mucus, etc., which is on them, and instead of destroying its virulence, just seals it up in little cases, giving it thus a possible chance of drying again and floating in the air for healthy people to breathe. If the disinfectant is added to the thoroughly soaked garments, and left a further hour or so, and they are then wrung out and sent to the laundry while in a damp state, they are safe. But they should always be fastened up separately from the rest of the soiled household linen, and the laundry should be notified, in order that such garments may not be washed with other clothes. Public



laundries make special arrangements for washing infected articles in an isolated place.

The patient's food must be as daintily served as is possible, though, of course, there are limitations in the case of fever patients, because only bare necessities can be admitted into the sick-room; therefore, much must depend on the nurse, though the cook can, especially for the convalescent patient, exercise her ingenuity in making things look decorative and inviting. She should bear in mind what a very long dull time it is for the child, and that perhaps the only variable events of the day are the meals. Little paper Japanese tray-cloths and finger napkins are better than linen. They are very cheap, and can be burnt after use.

When the case is not an infectious one, no pains should be spared to make the meals attractive; and, even when the appetite is good, care should be taken to give small helpings, and to let each course come up separately. A heaped-up tray, so that one has only to move on, like the guests at the mad hatter's tea-party, is enough to make a patient feel repulsion for the whole meal; whereas, if it had been presented in instalments a good portion of everything might have been eaten.

Where a child is fond of reading great care should be taken not to allow him to read much in bed, more especially in the case of measles. He may look at picture-books, and, perhaps, read a little in a good light, with the doctor's permission; but as far as possible the nurse should read to him or tell him stories. In the case of measles, no pleading on the part of the child should prevail upon the mother to allow reading, as the eyes are likely to be permanently affected by any undue strain at the time. Nothing can, perhaps, be more a boon to the fever patient than the penny *Books for the Bairns*. Fifty of them only represent the price of one good story-book, and they can be burnt without tears and replaced at a trifling cost. They have the advantage of illustrations, and the child can afterwards have them to look at, and "imagine over" the story, as one little person put it who could not read.

The period of convalescence will generally be under the mother's sole care; and here she must as faithfully obey the doctor's orders as during the earlier stages. Carelessness, ignorance, or misguided indulgence, may now undo all that has been accomplished by weeks of careful skilled nursing. Perhaps the worst evil

to avoid is a chill, which may have lasting and even fatal results.

One point in conclusion in which, after the doctor, the mother should be the sole judge. No questions of convenience, or expediency, or ambition, should influence a parent to send the child back to lessons or to school at the earliest possible moment. Even if a change of air cannot be managed, a week or more of freedom and play and outdoor exercise, with nourishing food and at least an hour's rest after the midday meal, may prevent his being an illustration of "most haste, worst speed."

A fallow fortnight may do wonders. Hurrying the child, especially if he himself is ambitious, back to a strenuous school routine, with, perhaps, a pernicious effort to catch up lost ground, may incapacitate him for a year or two from keeping up with his previous standard of work, besides seriously impairing his bodily health.

To this must be added the bad psychological effects on a child who is fond of lessons and ambitious. Too often he returns to school not feeling particularly "fit," and discovers how very much he has fallen behind his fellows, and how almost impossible it is to do things which

seemed so simple when he was well. He usually becomes depressed and discouraged, and this in turn reacts and retards his complete recovery. An extra week at home would have completed his convalescence, and given him just that extra physical strength which would have enabled him not only to fight against disappointment, but also to make a new start on more favourable lines.

If the mother has the necessary leisure and ability, it is worth while ascertaining from the school what exactly has been missed, especially in the case of arithmetic or history, in which the gap may be bridged over to some extent by a few short lessons, given in the open air if possible. This will make the return to work more gradual and less worrying, and will at least help to assure the child that, if the term's report is not up to the usual standard, due allowance will be made for it at home.

It may not be out of place here to point out how much is gained by the children, and by the parents, through a co-operation of home and school.

Even when a mother sends her child away to a boarding-school she should remember she does

not hand him over body and soul to the school authorities. She should, of course, exert her right in quite a parliamentary way if it be necessary to exert it at all. But if she feels, for instance, that a girl at a critical age, or a boy who is growing fast, is being unduly pressed, she should consult an independent medical authority, and get him to send a professional letter direct to the school doctor. For the individual care of her child a mother must always take the responsibility, no matter how many outside agencies she is paying to assist her to bring up her charge.

A source of help that many mothers neglect or ignore is the school doctor in the well-equipped schools of to-day. In girls' schools the doctor is very generally a woman. It would surprise many parents to go into some of the larger schools and see in the anthropometric room the elaborate records kept of the individual children's weight, height, defects of build or eyesight, and the remedial measures taken at the school to correct whatever is abnormal.

At most girls' schools, when the periodical medical examination is made, the mother is invited to be present with the medical officer of the

schools; and notice is usually given in girls' day-schools a few days beforehand that an examination will take place which will necessitate the removal of all undergarments. It is to be regretted that mothers, especially mothers of children who are not robust, do not more largely avail themselves of such opportunities of picking the brains of these experts.

It would greatly facilitate the work of the latter, and the parents themselves would profit considerably from learning what points in their children's health and physique require special attention.

Parents may not always appreciate the vague blessings of Greek or the higher mathematics, but it is not difficult to convince them of the value of rest in a recumbent position, for a threatening deformity which may endanger the growth and appearance of their daughter.

Perhaps arrangements might even be made at intervals for the school doctors to give quite simple talks to the mothers of the girls in our big day-schools, on such questions as the food, clothing, exercise and rest suited to growing student girls. And the same applies equally to boys,



Such talks would serve to bring home, even to ambitious or to unthinking parents, the truth that the youngster is first and foremost an animal; and that if he is not a healthy, clean-living animal he can be nothing else which is healthy or clean.

## CHAPTER XIII

### PREPARATION FOR WIFEHOOD AND MOTHERHOOD

OF preparation for marriage this is not the place to speak; but supposing the young wife to be as fully equipped for marriage as the average girl of her day, by a fair experience of household management, an elementary knowledge of the laws of health, and at least an intelligent outsider's acquaintance with the professional and business world in which her husband's life is mainly passed, there is still something of the unknown in the life upon which she enters.

The chief thing for a young wife to do is to make up her mind as to what most of all she expects from marriage; to set herself that as a goal, and go straight for it, with the conviction that life is in some measure like a fixed income, inasmuch as only certain things can be got out of it, and two things cannot be bought with the same money. So if she gets all, or even a large part, of what she married for, she

must not waste precious time and peace of mind sighing for what she has not.

This may seem horribly business-like and unromantic, but it is only by facing the business side of marriage fairly and squarely, and mastering it, that there is any room left for romance. Disappointment is the dragon which kills romance quicker than any other. And the girl who thinks only of the romance of marriage will grasp at the shadow and miss the substance.

It would be more than a boon, in many cases, if the conventional honeymoon could be dispensed with, or at least largely curtailed. It is an artificial beginning to married life, in which the things which are really going to count later on are obscured and thrust into the background, by the false standard of living and luxury to which the young couple abandon themselves during what ought to be a probationary period. No wonder their simple home-coming, to what perhaps is only a cottage or a flat, after their luxurious stay in expensive hotels, with earning and economizing instead of spending and tipping, seems, to both wife and husband, rather in the nature of coming down to earth with a thud.

Instead of the flat or the cottage, in which the young couple are to make love live, being associated with all their first sacred joys, it is too often associated with a vivid impression of dulness, disillusion, and meanness, in comparison with their own paternal homes, much aggravated by the palatial scale of living of the previous weeks or months. The money lavished on an extravagant wedding ceremony and a lengthy wedding tour, would often make all the difference to the comfort of the home later on when the first baby arrives; and the holiday itself would, if it could still be afforded, be much more beneficial to the young mother after a year or so of wedded life.

A reception at the house of the parents, immediately following the wedding ceremony, and, later on, an intimation of the date when the bride would first be at home to callers, in her new home, would ensure peace and privacy for the early days of wedded life; and the being alone with one's husband, the mutual pleasure of placing all the personal treasures in such order as shall make a house into a home, the beginning to housekeep for oneself, all this is novelty enough, without the excitement or fatigue of travel. By the time the husband

returns to his everyday routine of work, each has made his or her particular den, or corner of the den, a little familiar haven, and both have settled down to an intimacy which is never achieved until the normal life is begun.

There will of course be opportunity for outings and excursions, and for indulging whatever mutual hobbies were a delight before marriage; and if the lovers are hopelessly dull during the first short month, owing to the lack of extraneous entertainment, it augurs badly for the many months of mutual intercourse ahead. The time will probably all too soon arrive when wifehood develops into motherhood, and *tête-à-têtes* have to be more rare.

Among the pitfalls which beset the expectant mother before the birth of her first child convention of every sort again plays a leading part, the most potent, perhaps, being the outcome of a pernicious pruriency, which looks upon it as something positively indecent and indelicate to have to go through the process of motherhood. Society has so long lived under the gooseberry bush delusion, that there positively are people who ought to know better, who behave as if Providence ought to have miraculously arranged for the gooseberry bushes to grow in the garden

of every wedded pair for the sake of appearances.

This prudery is carried to such lengths, that it is no uncommon thing to hear one woman congratulating another by saying, "How fortunate you are to have no family"; or again, for a daughter who married presumably for love, and with anything but a meagre income, to write to her own mother, "I am so sorry to tell you that *after all* I am expecting a baby."

There are many causes for such an attitude, but they do not justify the result.

The great thing for the young wife to bear in mind is that all those months before the baby is born are of supreme importance, not only to the little one itself, but for many generations yet unborn. The first care of the child does not rest with the monthly nurse, but with the mother; it does not begin with the doctor at birth, but the mother before birth and before marriage. Our athletes go into training for their Marathons, when will women learn to go into training for their marriages?

No girl who once knows this cardinal fact is guiltless, who for any false idea of delicacy, or vain idea of fashion, uses injurious means to



conceal the fact that she is "As ladies love to be, who love their lords."

Lasting troubles often have their beginning in this false idea of what delicacy demands. The young wife herself suffers from her own total ignorance of what to do or what to expect, or, perhaps, worse still, from the gratuitous counsel of just those people who are least fitted to advise her, and so runs the double risk of making herself an invalid and maiming or murdering her firstborn, not to mention being a source of worry and anxiety instead of a pleasure to her husband for the rest of her days. There is no greater drag on a hard-working husband than an invalid wife.

Had she seen that, in the marriage partnership, her health was one of the main contributions she made to the firm, she would have seen also that it was better to suffer a temporary disfigurement, than permanently to lose her attractiveness and utility. No misplaced delicacy, nor selfish vanity, should induce the young wife to immolate herself and her unborn child on the altar of fashion. An eighteen-inch waist is dearly paid for by an eighteen-inch coffin.

In her ignorance a wife often bears unneces-

sary pain, which with the fortitude of her sex she goes through uncomplainingly, thinking it is part of the lot of the married woman, and therefore inevitable; whereas, though undoubtedly there must be much discomfort, especially in the effort to get sleep at night towards the end of the time, with occasional cramp and other minor wearinesses of the flesh, there ought not to be incessant pain.

If there is, something, probably something very trivial, is wrong. In this case, the young mother who is unfortunately totally ignorant, cannot do better than consult some qualified medical woman, one who has herself been a mother for preference; for if she begins taking the advice of a multitude of counsellors she will probably live to regret it.

One consultation as to how to run the least possible risks will be worth the small amount spent, and will remove the necessity for discussing the question with friends or relatives, which the woman is naturally reluctant to do.

While the young wife should lead an active, healthy life, she should avoid over-fatigue; and not, in her anxiety to be brave and not to give in, expend unduly on this generation energy which is needed for the next.

This is one of the cases in which self-sacrifice can only be indulged in at another's expense.

Some hours of walking in the open air daily are absolutely necessary. Running up and down-stairs is not a substitute.

Again, the other extreme, the Amazon type of girl who has never felt ache or pain, and who prides herself on all kinds of unreasonable feats, as if she were only carrying, feeding, and breathing for one instead of two, may find too late that she has left herself no reserve for the final ordeal, which is bad at the best; and may, in her eagerness to prove herself more than human, discover she has so used herself up, that she cannot command, when the time comes, that elusive fluid, the mother's milk.

Throughout the period there should be a short rest in the middle of the day, before or after luncheon, preferably *before* if the life led is a very active and arduous one. Luncheon will be enjoyed and digested all the better. Late hours should be altogether eschewed, and if occasionally indulged in, rest should be taken in the afternoon of the same day.

If actual duty to the husband makes late hours a necessity, then the candle must not be burnt at both ends. The woman who can

honestly plead that the public demands of a town life make it essential for her to be frequently up till midnight is, as a rule, in a position to take her breakfast in bed; or her household is so arranged, as most London houses are in the season, for a late breakfast.

One thing Englishwomen have not yet learnt the value of, is the occasional day in bed. If there were more days in bed, for women who lead rushing lives, there would be fewer breakdowns and fewer rest cures.

If unreasonable demands are made on a woman's strength it is better, for every reason, deliberately to take a day in bed once or twice a month, and then to be strictly punctual and regular when one is about, than to be continually irritable, and to be irregular in all things. The household where it is never known if the mistress will be up to breakfast, or punctual to breakfast, soon becomes demoralized.

Unfortunately, and largely to a preventable degree, modern life is so far removed from Nature that all talk of leaving things to Nature is nonsense.

We all live at terribly high pressure, even before we are born. It is therefore to Science, and not to that poor ill-used mother Nature,

that we must appeal for help and guidance. How or where we are better off as the result of travelling at this breakneck speed, does not fully appear. The fact remains that we are in the crowd, and while the crowd rushes we must rush with it, or else get trampled on.

Perhaps in the next generation there will be at least *periods* of life when one will not be penalized for standing temporarily out of the crowd; early days of married life should be one of them in the interests of race-culture.

But so long as we go on living unnatural lives of nervous strain, and then appeal solely to Nature, so long will man continue to be "the sickliest beast alive."

## CHAPTER XIV

### THE MOTHER'S HEALTH

ON the mother's health and the mother's comeliness, the strength and the happiness of the home depend.

Yet it seems almost a mockery to write this, when one thinks of what is demanded of the modern mother. We leave out of account the so-called "idle-rich," who, if they exist, must necessarily be numerically unimportant. The truths here stated apply to all who are struggling with the duties of modern marriage. The wives of the poorest, and from the poorest onwards and upwards, who endeavour to fill the position of wifehood and motherhood, too often find themselves called upon to do the work of a wife, a mother, a housekeeper, and a busy workman or professional man combined; while a far greater number of them than is popularly supposed, attempt, in addition, to make their bodies the manufactory for "nature's nourishment" for their infants, while depriving themselves of everything of which nature says



“Thou shalt,” and doing everything of which nature says “Thou shalt not.”

Here is what a woman writer says about the artisan home; and her remarks apply, with even greater force, to the classes immediately above: the struggling shopkeeper and the “shabby genteel” generally; while the problem changes its form, though losing little of its intensity, in the well-to-do middle classes:—

“Lady Bell, who has published a most valuable investigation into the conditions of working-class households in Middlesborough, sums up her opinion as follows:—

“My conviction is that there will never be more than a certain proportion of women who can carry the immense burden allotted to the working man’s wife by the conditions of to-day. . . .”

Numerous instances from life are given in her book, of which the following is a type:—

““A girl, healthy and cheerful, but untrained either in sewing, cooking, household management or the care of children, marries in her teens a man but little older than herself. She buys her experience as she can, and for a time the household does fairly well. Then the young wife’s health fails, the baby arrives, she is badly attended, ill-advised, and illness and

anxiety often result. The wife gets up too soon; then almost directly another baby perhaps is coming; the effort to clean and wash and mend, and cook, and make, to purchase wisely for the household is too much for her. The woman loses her looks, her courage, her interest, the house becomes dirty, the food perhaps is not carefully prepared, one baby is playing in the gutter, another is being fed by the exhausted mother, worn out perhaps by an attempt to cope with the family wash.'"

"The truth is, that while nature has said woman is to be a mother, it has never said that it is her business to wash and to cook beyond the limits of her strength. It is woman's attempt to unite the office of mother with a number of other dirty and miscellaneous home trades, that brings about the failure of half the English homes in the manufacturing towns." <sup>1</sup>

It is on the body of the girl that motherhood makes the most demands. It is the duty of the mother who brought the girl into the world, helpless to say "yea" or "nay" to her own existence, to warn her of the physical duties of motherhood and their demands; all the other

<sup>1</sup> *The Woman's Charter of Rights and Liberties*, 6d. By Lady McLaren. Printed for private circulation. 2nd Edition, 1909.—The Grosvenor Press.

demands are *et ceteras*; they cannot be fulfilled till the physical has taken its toll of her strength.

If once a girl fully grasped this vital fact, no love, no passion, no longing to escape parental control, no misguided ideas of independence, would persuade her to enter marriage until she had armed herself, first with what store of bodily health she could, and secondly with an adequate knowledge of how to conserve it. In fact, if to marry without money is risky, to marry without health is fatal. The "pretty maid" who said her face was her fortune might well have added that her health was part of her dowry.

Prudence would also suggest the acquisition of a knowledge of the spending powers of money, and the forming in advance a little nest egg in hard cash for the years when the biggest strain will be put upon her physical resources; then, independent of her husband's allowance, she can depute others to do for the home what she would do if she were not at the moment bearing or feeding a child.

So only can she keep her health, and with it her beauty; and, over and above the physical obligations of marriage, have any surplus time

or strength to fulfil the second great purpose of marriage, that of being a comrade and companion to the man with whose life she has linked up her own.

The present writer is not laying down an impossible counsel of perfection, while well aware that it can only exist on paper, nor is she trying to harrow the feelings of mothers who have hitherto looked upon marriage as a secure harbour of refuge for their daughters. But, being one of the worst offenders herself in trying to do the work of half-a-dozen people, she realizes that had we a female Thomas Hood she might in this generation write a "Song of the Hearth," and that this economic state of things could, ought to, and must be remedied.

Marriage should not mean wifedom without motherhood, which, but for the joys of comradeship, would be little better than legalized cohabitation; or as an alternative, wifedom with motherhood, at the cost of much misery and trouble; but wifedom and motherhood, with health as the main asset, and a sufficiency of means, for both of which preparation should be made not after, but before marriage.

There is a much larger proportion than is

popularly supposed, of girls in all classes, who go into marriage with all the hopes, and all the good intentions, of the pure-minded little maid of seven, whose ideas of wedded love are circumscribed by her knowledge of fairy princes and princesses whose story always ends with a marriage and a life "happy ever after." It is because in *real* life, as well as in the fairy tales, a veil is always drawn over the "ever after" that so much disillusion is the result. The hopeful couple enter the gates of the gilded cage, and far too often miss the narrow, thorny path of success beyond, and fall down the gaping abyss into the jaws of the economic monster Reality.

It is the duty of every mother to see that her daughter does not go into the unknown unarmed. She has no right to hope that some magic will help her girl to succeed where she has failed.

Health, and a knowledge of how to retain it, is at the very foundation of happy and successful wifedom and motherhood. But too many marriages of to-day are merely modern illustrations of the old, old story of the foolish Virgins. Girls go into marriage with their real

or toy lamps brightly burning, equipped only for the immediate moment; with a disregard nothing short of maniacal in face of the hard facts around them, and of the near future when their lamps must be refilled, or all the worst disappointments of the bridal chamber be theirs.



## CHAPTER XV

### LEISURE AND HOLIDAYS

To no human being can all work and no play be more trying than to the mother of a family. And for no one is it a more short-sighted policy. Among other things, she runs the risk of creating a cloudy environment where she is supposed to be the chief source of sunshine.

There is a happy medium between the selfish mother who divides her week into mornings in bed and evenings in the ball-room, with week-ends in a motor-car; and the mother who prides herself on being a perfect slave to her home and children; between those who are never "at home" except at their "at homes," and those who are so crushed under the burden of their home duties as to be unable to have any "at homes" at all.

The mistress of a house should not be a slave any more than her maid should be a "slavey." All work and no play makes Jill a dull mother. She should look upon a daily period of leisure

as a duty. Time for her own toilet, her own recreation and hobbies, and for her own outdoor exercise, ought to be contrived by the busiest mother, for the sake of others as well as herself.

The overwrought mother is sure to be betrayed into irritable speech and action, for which she may lay false blame on her moral condition, when half-an-hour's lying down in a darkened room, or a walk in the open air, or rest in the garden, would prove that the true cause lay in her physical condition. Self-sacrifice in a mother may become a fetish.

Moreover husbands are apt to be blind to the monotony of the average wife's days and weeks. Men who, at the very worst, usually leave their offices for some part of the day, every day of the week, whatever their professions may be, cannot fully understand the continuous strain upon a woman in a home. Men are usually, for some part of each twenty-four hours, in an environment for which they are not personally responsible; the stay-at-home woman is constantly in an atmosphere of prime responsibility. No wonder she feels at times like a dog which is always chained up.

Let a city merchant imagine, for one moment,

all his staff, from manager to office-boy and from chief clerk to charwoman, to be residential, with himself always obliged to be on the premises and responsible for their work, welfare, feeding, tempers and ailments, and he will get some idea of one of the main worries of a wife.

If he were able to grasp the situation he would, perhaps, more often suggest a day in the country, or a quiet evening, when he and his wife might have a simple dinner in some place where she has not to worry about cooking, ordering or serving, and where her own sense of responsibility for the culinary success is in no way engaged.

A young husband might often discover that one of the causes of lack of spirit at the home dinner-table is due more to lack of confidence in an amateur cook than lack of love for him, or absence of interest in his account of the day's doings. The little outings suggested will help immensely to remind both husband and wife that the other was once a sweetheart. The husband will find that in paying for a dinner he has liquidated in full what might have been a long doctor's bill, while incidentally paying for a precious store of "refreshment" which did not figure in the bill at all, but which will be

available for the routine responsibilities of the morrow.

### THE ANNUAL HOLIDAY

Another thing which never dawns upon some husbands is the enormous strain upon a mother in almost any class, where the summer holiday is taken in a hired residence of some kind. Often, for reasons of prohibitive prices, space is too limited in quantity, and this is not made up in quality. This is especially trying for the mother where there are a number of little children, or a troupe of romping school-boys home for the holidays for many weeks, in addition to the husband who, perhaps, is usually away from home daily for some meals when at business.

Even where a comparatively inexpensive house is taken, there is the worry attached to breaking crockery or furniture belonging to others, which has an alarming habit of turning into Crown Derby or Chippendale at the moment that the departure inventories are taken. When compensation is claimed for certain things, one always feels sympathy with the undergraduate, who remarked, when compelled to heavily compensate his landlady for throw-

ing a decrepit washstand on to a Mafeking bonfire, "Well, the old woman ought to be very much obliged to me. Her *antique* would have taken a long while to burn in the kitchen range."

The reorganizing of one's catering and house-keeping generally is no light task; and it may be a species of nightmare when it is done on a fixed allowance, in a strange place where provisions are at famine prices, and the quality is characteristic of the latter end of a siege.

Many seaside tradesmen have only themselves to thank for the fact that all stores in London and other big towns now deliver goods to their regular customers at any place in Great Britain during the holidays, and so relieve the housewife of all shopping worries during this tiring time. All she has to do is to give instructions for the transference to her new address of her standing and other orders for the whole summer, her personal responsibility in this particular respect being confined to filling up a few words on a printed form supplied by the stores without even the trouble of applying for it.

Her control over holiday expenditure is thus materially assisted. But under any conditions, when the mother is still the business manager of the holiday home she generally looks forward

to the preparation for it with a feeling anything but jubilant, and upon the month or two of its duration as the most arduous period of the year.

There are a few things that the mother can arrange before taking a house or lodgings, which will reduce things in a measure to an experiment in the simple life. She can insist, for instance, on the owner removing superfluous dush-harbourers in the form of ornaments, hangings and fixed carpets. Holidays are times for Spartan practices in food and furnishing. There can be no good in having one's bedrooms and day-rooms carpeted with the breeding-ground of generations of germs from past years. Few clean housewives would credit how seldom fixed carpets come up in some houses.

Every time your boy jumps for joy he may run the risk of filling his lungs with a colony of microbes. If every applicant who inspected seaside houses for holiday purposes firmly insisted on the carpets being taken up, the floors scrubbed if they are not stained, and cheap, inexpensive mats put down, which could be burnt after a few years' faithful service, instead of being treasured as heirlooms, those who let furnished houses would see this clean practice



was the "fashion," and the monster Mirzapore would be banished once for all.

But however carefully the holiday is planned, however reasonable every one is, still it can hardly be a holiday for the mother. By the time she has organized her temporary household, probably short-handed as regards service owing to cleaning the permanent home, and to servants' holidays as well, it is time to return home and reorganize anew.

A plea might reasonably be urged for a mother's holiday once in the year in every home. A few days in a quiet hotel or with friends, with "nothing to think of," will do more to recreate the tired housekeeper than a whole month when she takes all her household cares with her, and perhaps multiplies them. If it cannot be done otherwise, on the ground of expense, it would be well to curtail the general holiday by a week in order to achieve it. The loss or undermining of a mother's health can never be entirely compensated for. The value of a retreat is strongly recognized by the Catholic Church as a means of spiritual recreation. Something similar in the moral and physical sphere might well be started for tired mothers.

When it is possible for father and mother to go away together at some other period of the year, say at one of the usual holiday times, it is a double boon in keeping both well and keeping both young at the same time. The yearly honeymoon ought to become an institution just as the week-end outing. The wife should contrive for her part to make this possible. The most elaborately arranged home, the most zealous attention to the things which moth and rust can corrupt, will not be adequate substitute for the pleasure and resultant health and happiness which come on the one hand from recreation, and the other from retaining the relationship of lovers. If these things were talked over together they could generally be managed. It would very possibly be found that some income, hitherto sacred to "show," could be sacrificed on the altar of love.

All these years of youth will never return. It is well to risk a little vinegar and brown paper in the effort to lift life's load together. Better to share a few spills than to have nothing in common. Youth is the time for mutual struggles and enjoyment. There can be no Darby and Joan where there has been no Jack and Jill.

## CHAPTER XVI

### SOCIAL AND CIVIC DUTIES

MOTHERHOOD, the "supreme social function" of woman, which, as Mr. H. G. Wells says, "we still in a muddle-headed way seem to regard partly as self-indulgence, and partly as a service paid to a man by a woman," is, nevertheless, "a public duty done." But if woman's public duty begins with bearing and rearing a family, it obviously, by the very nature of motherhood's claims, cannot end there.

As soon as she is alive to this first duty she will, as a logical being, wish to co-ordinate her home duties with all the other civic opportunities of womanhood. She will not only, if she has money and leisure, desire to extend her influence outwards in the interests of her own children, who all too soon, perhaps, will have to go forth into the great world and fend for themselves; but she will be eager, so far as she is able, to extend her knowledge, help, and

sympathy, to those less fortunate than herself in a spirit of universal motherhood.

But for the successful accomplishment of social service, desire alone is insufficient; it must be combined with enlightened judgment, or like the elephant who, in its ignorance, tried to mother the orphan partridges by sitting down on them, she may even do more harm than good.

For the sake of her children the mother should endeavour to keep in touch with all great national or world movements, which tend to make the future public environment of her children in many fundamental ways a different one from that upon which she entered, after "standing with reluctant feet" on the threshold of home life and motherhood.

In her person should meet "sweet records, promises as sweet." In that way she will remain in closer and more useful touch with her children, from the days when they first listen to fairy stories from her lips, onwards through the days when they retail to her their school triumphs and failures, hopes and hairbreadth escapes; to the time when they can count on her sympathy, knowledge and good sense, in helping them to the choice of a career; and on her abiding interest in their welfare, when they have taken

their place in the world's work. In this respect the English mother has much to learn from the French mother, who remains her son's friend and confidant not merely through adolescence, but even after his marriage.

Years ago a man writer said, "A boy parts company with his mother when he begins to decline *mensa*." One feels as if that must have been written in the dark ages indeed. A modern mother is, instead, often the first to teach her boy to decline *mensa*; and her relation to her children, her husband and to society generally, has correspondingly advanced of late years.

But, though public opinion has progressed enormously in, say, the last fifty years, in its estimate of woman's place and woman's power in the world; though it is possible for a strong woman to wield an enormous moral influence in helping her husband, sons, and menfolk generally in public usefulness, the actual laws of England, and of many other civilized countries, remain in many respects what they were when she was a mere chattel of her husband.

For instance, a husband can secure a divorce from his wife for unfaithfulness, a wife cannot. She must prove in addition cruelty or desertion; and cruelty at least may be very much

interpreted at the discretion of the individual judge. Again, she may give her most precious years, the best years of her working life, to keeping a man's home and rearing his children, and then, by his will, he can leave both her and her family with no place of retirement but the workhouse, while he bequeaths his wealth to build a hospital or home for starving cats.

Lady McLaren mentions this fact in a recent publication among other economic anomalies of married women's lives: "If the economic position of a wife is thus legally precarious, her situation as a widow is one of very grave injustice, which merits the immediate attention of Parliament. Under the old common law of England all widows had the right of dower out of their husband's lands, and it is a striking instance of how men have unjustly legislated in their own interests when we see how this important right has gradually been whittled down to nothing. . . ."

It is only by studying these and kindred questions that the more fortunate woman can help those less fortunate. Other questions, social, legal, humanitarian, will readily suggest themselves, and only the selfish woman whose own home life is happy and successful could



“sit at home at ease” while so many and pressing problems that concern her less fortunate sisters await solution.

There is a duty to self, to husband and family, to the social set in which one lives, to the sex to which one belongs, to the larger community of clan or county, to the nation and to humanity.

To act up to the highest in all these various fields one must have knowledge as well as sympathy.

A man cannot know how his ideas apply to the living, moving world, if he lives as a monk in a monastery; and a woman cannot know the relation between home life and the vast outer life, if she does not see beyond the confines and conditions of her own home. In this way, and this way only, can she realize the most profound potentialities of her sex, and give an outward and visible form to the sacramental spirit of universal motherhood.

The instinct of motherhood—that is really the feeling which lies deepest in the hearts of the vast majority of women. All else is make-believe or feigning or evanescent in comparison. It is seen by the discerning eye, not only in the joyful mother surrounded by her children, but

also in the happy wife for whom, as she clasps her husband to her bosom, even amid her wildest kisses, the dream of embracing a lover is inextricably intertwined with the thought that she is holding in her arms some overgrown baby. The waves of passion may break over it for a moment and conceal it from view, but it reappears in the heart of the deserted mistress. Passion, indeed, has no vital connection with it. It may be discerned in the love that the nurse lavishes on another's baby, in the affection of the maiden aunt for nephews and nieces, in the little girl's handling of her dolls, and, in a degenerate and perverted form, in the society woman's unwearying solicitude for the health and comfort of some pampered lap-dog. It is the sorrow's crown of sorrows for the public-spirited woman of forty-five, who realizes too late what it is to have wedded a cause instead of the man who was really after her own heart. The born teacher has it in a very high degree. Is she not to-day, with the increasing neglect of parents, a true foster-mother? And many of the greatest heads of our girls' public schools, though unmarried or childless, have yet proved themselves to hundreds of the rising generation veritable "mothers in Israel."

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